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THURSDAY, SEPTEMBER 3RD 2015

DON'T DO IT YOURSELF...
....Call a professional from our A-Z list!
See our Classified Section Pages 32-35

Health & fitness Beauty Pages 21-24

IN BUSINESS UPDATE FEATURE
Starts on Page 16

DRAGON SCORCHES IRISH TO AVENGE MISMATCH
BACK PAGE COMMENT by DON JOHN

IT'S TITLE DELIGHT FOR THE A TEAM AT ROMILLY BOWLS CLUB!

Barry Romilly 'A' team were crowned CML Fifth Division champions. See a full report on how they did it on page 37!

PARKING CHARGES: 50 traders sign petition to council

by TIM CHAPMAN

HOLTON ROAD traders have urged the Vale Council to abandon the idea of charging for parking in Barry – or at least allow "a significant initial free period".

Fifty businesses, concerned that shoppers may desert the town centre, have signed a petition and sent it to the Vale Council Leader, Coun Neil Moore.

A traders' spokesman explained: "We run businesses on Holton Road and oppose the Vale Council's current proposals for parking charges in the town centre car parks.

"Charging for car-parking, without a significant initial free period, will deter visitors to Barry and diminish trade in the town centre – potentially contributing to the loss of independent businesses.

"We were not consulted before the council made the decision to introduce charges. The current plan is clearly unacceptable. The local authority must consult with traders and residents before proceeding."

Three car parks in the town could be affected if the proposals go ahead – Thompson Street, Wyndham Street and Kendrick Road. Up to two hours, the cost will be £1. Three hours will be £1.60, and up to four hours will cost £2.20.

The Vale Council argues that the measure will ensure the most efficient and effective use of spaces – and prevent some people from hogging spaces in town centre car parks for the whole day. It points out that in Barry, 90 per cent of 'on and off street' parking will remain free.

A number of businesses in the Holton Road area told The GEM that customers had been keen to endorse the petition raised by local Conservatives.

Ian Bosley of Pets R Us in Regent Street explained: "Everybody is against charging for car parks. If people start getting charged, drivers will start using the side streets where there are double yellow lines. A free time period would be good for motorists."

(CONTINUED ON PAGE 5)

BARRY ISLAND WILL FEATURE ON THE ONE SHOW

BBC 1's One Show this evening (Thursday, September 3, 7pm) will include a Barry Island flavour.

Local businesses have been invited to take part in a special bake off. Among those going to London will be April Keeble whose dog friendly K9 Plus 1 cafe has become a popular venue for pet lovers.

Barry businessman Ian Weavers, who is making the trip to London too, said: "This evening at 7pm there will be a report on the ups and downs and the resurgence of Barry Island.

"Three Island cafes – K9 Plus 1, John's Cafe and Marco's – will also take part in a spin-off of the Great British Bake-Off in the studio."

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Readers' Letters

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IMPORTANT: We reserve the right to edit all letters. We do NOT accept anonymous mail. An email address alone is not sufficient! We will (*in certain circumstances*) protect a writer's identity, if requested.

'Scrapping the Welsh ambulance response targets not the answer'

IT was with a sense of complete and utter incredulity that I read deputy minister for health Vaughan Gething's letter in last week's GEM.

Did I seriously read Mr Gething putting forward the argument that having failed so miserably to achieve national standards of response times for so many years, it is now right to abandon them, due to crews being better trained and able to provide a better service when they do actually arrive?

Perhaps Mr Gething might like to explain that to the next family who witness one of their loved ones struggle for life during the 'golden hour' that is so essential for heart attack or stroke victims and, of course, in other emergencies.

One wonders how the sight of ambulances queuing up in hospital car parks waiting to discharge patients because of a shortage of beds and staff, and the reluctance of hard-pressed A&E staff to accept the patients because once they do so the clock starts ticking on their own treatment time targets, is explained away under Mr Gething's recent assertions of scrapping target times and providing a better service.

It's obvious that rows of 'parked' ambulances aren't available to attend to new emergencies – whatever a proposed response time target is – or however well trained and equipped the crews and ambulances are.

We all appreciate that in times of high demand, our dedicated ambulance crews will be stretched to breaking point in attending to emergencies in the shortest possible time.

But for a deputy health minister to suggest that getting to an emergency scene later rather than sooner is a good thing defies belief.

Presumably, if, as Mr Getting claims, our ambulance staff are now among the most highly-trained and best-equipped in the world, maintaining targets and actually achieving them can only be enhanced by these facts.

Kevin Mahoney,
UKIP councillor for Sully.

'Why so many politicians?'

COUNCILLOR Shirley Hodges highlighted MP Alun Cairns' posturing over local issues last week, when in fact his fellow Tory councillors are voting (in most issues) contrary to his standpoint.

Considering that virtually all of our legislation now emanates from the EU, and in Wales that legislation is enacted by the Welsh Assembly Government, it begs the question – why we still tolerate paying the wages and upkeep of Welsh MPs who have long outlived their purpose and usefulness.

We have too many tiers of politicians riding on the gravy train.

Garry Tippins,
Barry.

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'Critics should address *real* problems of Welsh NHS'

AS a result of a recent accident, I am able to share in the positive experience encountered by Elizabeth Bruten (The GEM, August 27) relating to the remarkable services provided by the Welsh NHS.

I am 78 years old, and until recently, when I suffered serious injuries as a result of a heavy fall, I have been fortunate throughout my life never to have had the need to be admitted to a hospital ward as a patient.

In no small measure, due no doubt to the constant sniping and political scaremongering prevailing about and around our Welsh NHS, I became conditioned to a perspective of great dread at the prospect of an admission to a hospital ward.

The professionalism and dedication given to my care and treatment by all the overburdened medical staff who attended me at Morriston was outstanding and quickly allayed this great dread.

The attention to hygiene and cleanliness on my ward appeared faultless. The thoroughness of the consultant's input in determining my exact medical condition was imposing, to say the least.

I respectfully suggest that, these persistent detractors of our Welsh NHS would be better served in addressing the true causes underlying the overburdening problems inflicted on such a wonderful service *viz* the nation's over-population – accompanied by the excesses occasioned by the modern life styles and self-indulgences of so many individuals in this retrogressive society of ours.

D Williams,
Rhoose.

'Sort out the roads before building new cycleways'

YOUR report in The GEM (August 20) about the 'minimal' disruption expected during the construction of the cycleway extension on Port Road made me question the value of such a project at a time when our local roads are in such a dire and potentially dangerous condition.

Quite apart from the fact that I have yet to see a cyclist use any of the cycleways already provided, I believe it should be incumbent on the council to set aside a proportional amount of funding available to make a start on repairing our third-world road network.

I am not talking pot-holes, the council's 'Big Fill' project appears to have achieved its ambition here while at the same time turning our roads into an uneven patchwork quilt of temporary tarmac.

The problems with our roads are far more serious; a litany of defects has developed through years of neglect, with deformed carriageways and sunken drain and manhole covers being the main culprits.

One example (of many through the Vale, I'm sure) is the A4226. Much of its length between the Weycock Cross roundabout and the Fonmon junction is in an advanced state of decay.

An attempt has been made to patch it up with temporary repairs on the westbound Weycock to the first airport junction section, but the rest of the length has been ignored.

It is this section, between the first airport roundabout (to Rhoose) and the BAMC hangar roundabout that most concerns me.

I have to drive this route for work at the airport most days and have done so for the past 17 years. Both lanes are bad, but the worst is the eastbound from BAMC to Weycock Cross directions.

In two sections, there are tram-line depressions forming, probably from the weight of the heavy lorries that use this route.

If a normal car hits these depressions in a certain sequence, it can lead to momentary loss of steering control and has the potential to cause damage to tyres or suspension.

The challenge for the Vale Council is to quickly remove the hazards from this stretch of road. It really requires re-building, not more patchwork quilting, and it must also be of concern to the cyclists, many of whom use this stretch of road with, as yet, no cycleway.

Why do I get the feeling we will see a cycleway built alongside this stretch of road long before the road itself is repaired?

Philip Dawson,
Barry.

'The chumocracy needs to change'

COUN Shirley Hodges makes an interesting observation by highlighting the apparent contradiction between Alun Cairns MP and the actions of his Conservative colleagues on the Vale Council (*'MP's views not supported by his fellow Tories'*, The GEM, August 27).

But perhaps the problem lies with the Conservative councillors, who need to explain why they very rarely seem to oppose or challenge the decisions of the Labour-run administration.

I wonder how many members of the public could even name the leader of the Conservative 'opposition'?

Surely, the responsibility of the opposition within our democracy is to oppose, but in my limited experience of the Vale Council, the culture is often a bit too friendly – occasionally too respectful and chummy.

If it wasn't for some Independent or Plaid Cymru councillors, very few decisions would be challenged. Perhaps it's the 'chumocracy' that needs to change, and not those elected representatives who are willing to dispute unpopular decisions.

Challenging decisions when your own political party remains silent is not a sign of weakness, it is an indication that you are supporting the community and want to be elected again.

It seems that our MP and Andrew RT Davies AM are the only Conservatives willing to put their heads above the parapet and oppose, and whilst I disagree with some of their points, somebody in the blue team needs to speak out on behalf of the people who elected them.

Dennis Harkus,
FocusBARRY member.

'Migrants': focus on the cause, not the effect

WE are living in a world of turmoil – death and destruction with families fleeing from their homes in order to survive, or to have a chance of a reasonable quality of life.

Britain has traditionally benefited from conflict, being one of the major suppliers of weapons.

Our Government has recently issued export licences for the sales of military equipment to countries, including Libya, Iraq and Syria worth many billions of pounds.

We are living in a world full of weapons that is descending into a world war. We have barbarians, many originating from our island, who have rejected civilization, seized weapons and territory, kill aid workers and destroy books and archaeological treasures, to gain publicity in the media and on the internet.

The focus is on those arriving in Europe, particularly those near Calais, who apparently threaten our standard of living and our way of life – when it should be on the problems driving people from their homes.

Our Government has demonstrated an inability to support peaceful people in their homelands – whilst being very supportive of profitable British arms sales.

It is content to leave tackling barbarians, who do not directly threaten us (*yet*), to others...

Ian Perry, Cardiff.

Family delight

DAVID ALEXANDER wrote last week about his "magical experience" to be part of *West Side Story*. My family and I also enjoyed that magical experience, sitting in the audience at the Memo in Barry. Thanks to all involved in this special show, we enjoyed every minute of it.

Gill and Eric Hands and family,
Barry.

Good show, Superstars!

ON behalf of 'Friends and Neighbours' in Barry, I would like to thank Superstars in The Making for its amazing and dazzling production of *West Side Story*.

The dancing was excellent, especially during the balletic fight scenes. From start to finish, it was passionate, colourful, funny and moving – and definitely of 'West End standard'.

Well done to all the cast!

Gay Fifield, Barry
(*Coordinator, Friends and Neighbours*).

HIGH TIDE TIMES
(UNTIL SEPTEMBER 10)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
03 Thur	10.22	10.1	22.48	9.9
04 Fri	11.08	9.5	23.37	9.3
05 Sat	11.57	8.8		
06 Sun	00.29	8.5	12.58	8.2
07 Mon	01.31	8.0	14.19	7.9
08 Tues	03.03	7.9	15.48	8.1
09 Wed	04.27	8.2	16.58	8.4
10 Thur	05.25	8.5	17.49	8.9

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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Five call outs for Barry Dock RNLI lifeboat

BARRY Dock RNLI lifeboat has been called out five times in six days, starting with two call outs on Thursday, August 27.

The first was to reports of a capsized yacht off Sully Island. Barry's All Weather and Inshore lifeboats headed at speed to the area to search for the casualty and were joined in the search by a rescue helicopter.

A spokesman reported: "After a thorough search and speaking to yachtsman sailing in the area, the search was called off as a false alarm with good intent. A further call out later in the day was investigated by the All Weather lifeboat before being called off and also classed as false alarm with good intent."

On Friday, the volunteer crew went to help a 38-foot yacht with a broken down engine and towed the yacht and lone sailor back to the safety of Barry Harbour.

On Saturday afternoon, after reports of people in the water at Sully Island, both the All Weather and Inshore lifeboats were launched at 4.55pm and were on scene just four minutes later.

Penarth's Inshore lifeboat joined Barry's lifeboats in the search. Although no people were in the water, five people were rescued from the island and taken ashore.

At 1.20am on Tuesday, September 1, the volunteer crew were asked to assist someone with a possible broken leg on Friars Point. Both lifeboats were launched and coastguards also searched from the shore.

The call out is thought to have been a hoax call.

Later that morning, members of the volunteer crew travelled to Conwy to bring back a relief lifeboat that will be used while Barry's All Weather lifeboat has essential maintenance carried out.

The RNLI is a charity that carries out its lifesaving work thanks to the generosity of the public and the dedication of its volunteers. Volunteers make up 95 per cent of the charity which saves an average of 23 lives a day across the UK and Ireland.

If you are interested in volunteering on one of many roles, call the lifeboat station on 01446 735678.

Westbourne School's top score in recent Sixth Form results

Headmaster Mr Underhill with some of the Sixth Form pupils.

WESTBOURNE School was ranked top smaller independent school in the UK in sixth form league tables published by The Daily Telegraph last week.

The tables compare the results of all schools, regardless of whether they offer A-Levels, the International Baccalaureate or the Cambridge Pre-U curriculum.

A spokesperson said: "Westbourne also ranked as the best school, state or private, in the Vale of Glamorgan, better than any state school in Wales, and as the second best International Baccalaureate boarding school in the UK, regardless of size, based on the Telegraph and Times league tables.

"With results like these, it is no wonder Westbourne graduates find the doors to top university courses wide open for them: 80 per cent of this year's graduates will be heading to Russell Group universities or equivalently elite international institutions, including Oxford, Kings College London, Barts and London School of Medicine and Dentistry, Exeter, Erasmus Rotterdam, Amsterdam and Madrid University. At least half of Westbourne's graduates will study medicine, law or engineering."

Meet the bobbies

BUTTRILLS PACT is at Barry Town Council Offices, Gladstone Road, Barry on September 10 at 6.30pm.

BARUC PACT is at All Saints' Church Hall, Park Road, Barry on September 14 at 7pm.

WENVOE Coffee & Chat at Wenvoe Community Centre, Old Port Road, Wenvoe is on September 13 between 10am and 12 noon.

STANWELL PACT at All Saints' Lesser Church Hall, Victoria Square, Penarth is on September 4 at 7pm.

DINAS POWYS PACT is at Youlden House, Fairoaks, Dinas Powys on September 14 at 7pm.

If you help Marie Curie, Penarth, you help people in their hour of greatest need

by GEM REPORTER

MARIE CURIE Hospice in Penarth is one of south Wales' great causes – a special place providing a number of vital services to people and their families at their time of greatest need.

Thanks to generous Vale businesses which provided raffle prizes, The GEM recently raised funds for the hospice at the Vale of Glamorgan Show. On Friday, August 28, Jan Irving made a presentation of £282 to Simon Jones, the head of policy and Paula Elson, the hospice manager.

Many people across the Vale and Cardiff know of a friend or perhaps the family member of a friend who has been helped by the hospice.

It is located at Bridgeman Road with spectacular views across the Bristol Channel.

Simon explained: "The hospice provides quality end of life care. It may be for people who are terminally with cancer, or with other illnesses such as motor neurone disease or dementia.

"People who visit us – and have experienced a busy ward in an acute hospital – say it is calmer and slower here, and not a hectic atmosphere, which means it is good for patients and their families."

Marie Curie, Penarth, certainly does exude an air of calm.

Patients are referred to the hospice by NHS professionals. There are 30 beds and all the wards have views of the sea. There are also family lounges where people can relax with loved-ones; and there is overnight accommodation for the relatives of a patient if needed.

Staff provide day support too – exercise classes with physiotherapists, memory clubs and relaxation classes.

Marie Curie also provides community nurses to enable patients to be cared for in their own home. Its nurses sometimes work with the district nurses of the NHS.

The hospice provides a bereavement service helping both adults and children.

The hospice employs 100 staff including, of course, doctors and nurses, but there are also 100 volunteers helping with a variety of tasks, such as maintenance issues, kitchen work, tea runs and reception cover.

For every £1 the NHS gives to Marie Curie, the charity matches it with £1 – and funding of the hospice requires a slightly higher input from supporters and well-wishers at a ratio of 60-40.

That's why Marie Curie's fundraising is critical to the work it does in its hospices and in the community.

When you see The Great Daffodil Appeal, the Blooming Great Tea Party, Marie Curie hikes, and the like, remember, your support will boost its work.

Last year, Marie Curie hospices helped 8,931 people – it's the largest provider of hospice beds outside the NHS.

Would you like to make a donation to Marie Curie? If so, go to: *www.mariecurie.org.uk/donate*; or for more information on its work, go to: *www.mariecurie.org.uk/*

ABOVE: Jan Irving of the Glamorgan GEM newspaper hands over a cheque for £282 to Paula Elson, the hospice manager, and Simon Jones, the head of policy.

A new season starts at the Barry Camera Club

BARRY CAMERA club starts its 2015-2016 season on Friday, September 4 at the St Francis Centre and we have had a very interesting first month to the season planned.

On September 4 we welcome back Jenny Hibbert who will be presenting her images of the Gypsy Horse Fair in Appleby.

Jenny is a most accomplished natural history specialist and it is sure to be a terrific presentation.

Friday, September 11 sees the visit of Glyn Edwards who will present images of Kenya and its wildlife, and the following week we will welcome Tim Knifton who will be presenting a talk and set of images entitled 'The Art of Urban Exploration'.

Our usual monthly competition will be judged by Dennis Russ.

New members are particularly encouraged and will be made most welcome with a programme being prepared especially for the new and less experienced photographers.

Barry Camera Club meets every Friday evening from 7pm to 9.30pm at St Francis Millennium Centre, Porth-y-Castell, Barry Garden Suburb, Barry, CF62 6NX. For more information visit www.barrycameraclub.co.uk.

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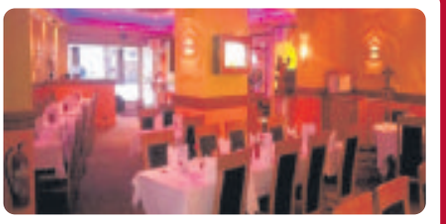

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Pilot Phil tells society about 'my flight from Rhondda to Rhoose!'

STARTING his working life as a junior engineer in the Merchant Navy, and then finishing his career as a pilot, flying out of Cardiff Airport (Rhoose), meant that Penarth Aviation Society's guest speaker for September enjoyed an eventful life all across the globe.

Phil Clarke's journey started at his home in Treherbert, Rhondda, but he travelled to Papua New Guinea, New Zealand, Hong Kong, Zimbabwe (Rhodesia), South Africa, the Caribbean and a multitude of other locations.

Phil Clarke rose from junior engineer to chief engineer in the merchant navy and sailed with a number of shipping lines.

It was whilst flying as a passenger on a Boeing 747, bound for Hong Kong, where he was to join a new shipping company, that he caught the 'flying bug'.

In the days when passengers could go into the cockpit with the crew, he experienced a landing into Hong Kong's Kai Tak Airport from the 'jump seat'. He knew

Phil Clarke in the front seat.

then that he wanted to fly and so took flying lessons until he gained his Private Pilot's Licence (PPL).

On leaving the sea, he started his flying career crop spraying across South Africa, and next was qualifying as a helicopter pilot flying a Bell 47, a two-bladed, light helicopter made by the Bell Helicopter Company.

He also flew geophysics surveys across Mozambique in a DC3 (Dakota) and following that, qualified on the Britten-Norman BN-2 Islander, a 1960s British light utility aircraft, regional airliner and cargo aircraft.

On returning to the UK he flew DC3s out of RAF Kinloss and Prestwick, spraying oil spills in the North Sea. This tour was followed by flying British Airways (BAH) oil rig support operations in a Sikorsky S61helicopter based at Aberdeen.

Phil Clarke, then gained his Civil Aviation Authority (CAA) Airline Transport Pilot Licence (ATPL) and was offered a Boeing 737 rating by BA. He returned to south Wales flying 737-200s out of Cardiff Airport for Airways Cymru and Inter European Airways.

Graduating to the A320 Airbus, he flew for Airtours which eventually became Thomas Cook, where he finished his flying career on the A321 Airbus flying routes out of Cardiff three years ago.

Visitors are welcome to attend the meeting, at Penarth Conservative Club, tomorrow (Friday, September 4) at 8pm, but should contact the hon secretary, Mike Duxbury for seating availability. Telephone (01446) 71148, mobile 07829 124353. A donation of £2 per head is requested.

The talk is followed by a 'business session' for society members only.

For further information, go to Penarth Aviation Society's website and facebook page.

BARRIE HOWELL

Family and friends to walk the coastal path for brave Sian

NICK and Claire Millar from Llantwit Major are organising a spectacular fundraising event in support of Nick's sister, Sian Laycock.

On Saturday, September 19, walkers will leave Rhoose Lifeguard Clubhouse at 1pm prompt to follow the Wales Coastal Path as far as Jackson's Bay, Barry Island.

It was four years ago, on August 1, 2011, that Sian, aged 38 and with three young children under five years of age, was diagnosed with breast cancer.

After two operations and 18 months of treatment, Sian returned to her sports of swimming and surf life saving, aiming to raise thousands of pounds for cancer charities.

However, after her fundraising event in September 2014, Sian received the devastating news that she had secondary breast cancer.

Despite this, and further bouts of treatment, Sian, her young children, and other family members and friends, completed the Race for Life earlier

Nick Millar and Sian Laycock.

this summer.

The September 19 day is about having fun and celebrating with Sian, her family and friends. It will raise funds for Velindre Cancer Centre to support the care that they provide to patients, and to support Velindre's research programmes.

Sian said: "My consultant, the staff and my specialist breast nurse at Velindre have eased the burden of coping with my illness. Their support has been invaluable.

"This is why it was easy to choose my charities to thank."

Sarah Thomas from Llantwit Major had the initial fundraising idea and Sian immediately gave her consent.

Nick and Claire together with Vic and Pete, other friends and club friends from Llantwit, Rhoose and Jackson's Bay Surf Lifesaving Clubs, set about organising the day.

Pre-registration to take part in this event is essential – check out www.Sianswalkorwater.co.uk. Walkers should meet at Rhoose Lifeguard Clubhouse at 12 noon to register with marshalls and collect their T-shirts (if ordered).

The walk will start at 1pm. If you cannot make the walk but want to donate, go to the web page and click on 'donate'.

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'Parking charges damage local shopping areas'

(CONTINUED FROM PAGE 1)

Over 190 customers had signed the petition at Pets R Us.

Ferda Ulug, the owner of La Cucina on the corner of Regent Street and Holton Road, said his business had backed the petition, but he also thought politicians were jumping on the bandwagon.

Ferda said: "Where were the politicians when I raised the issue of the crossing being taken away? I also highlighted the loading bays in Holton Road not being available to the public until 12 noon and there was little interest.

"The problem is the council didn't consult local businesses. It is a case of steam-rollering things through. Charges would have a massive effect on local shops – its a no-brainer."

Vicki Williams of Foster Footwear said: "Customers have mentioned it (charges) and aren't happy. People won't come to town if they think they will be charged to park."

Vicki thought a free period of parking before being charged might be a solution.

By last Saturday, TL Computer Systems (Wales) Ltd on Holton Road had collected 1,062 signatures.

The owner, Dave Elliott, represented traders at a Vale Council scrutiny committee meeting on Tuesday evening this week.

He told councillors: "We wholeheartedly disagree with the way the council has gone about investigating and implementing the charges scheme, specifically without consultation with the traders.

"The evidence is clear that charges damage local shopping areas.

"The AA surveyed 18,000 drivers last month - three out of four drivers said paying to park is the determining factor in visiting a town. Why would we want to put off three out of four drivers coming to Barry?"

In total, traders say around 1,500 people have now signed the petition.

'POTENTIAL LOSS'

The GEM understands a Vale Council consultation is likely to take place at some stage with traders.

Coun Gwyn John, Vale cabinet member for visible services, said the council appreciated the concerns raised, and added: "It should not be forgotten that under the current proposals over 90 per cent of the available on and off street parking provision in Barry and over 70 per cent of the same in Cowbridge will remain free of charge.

"The possibility of a free parking period has been considered, but this could lose up to £190k of the £290k higher estimated income figure.

"Our car parks currently cost £350k per annum to operate. Considering the fact we have to find savings of around £25m over the next three years, we simply cannot afford this potential loss."

Local ramblers draw up their new programme for walks

IN October, the Penarth & District Ramblers will be launching its exciting new autumn and winter programme which runs through until March 2016 and this is a sneak preview of some of the goodies on offer.

There will be a choice of different length local walks taking in Wick, seven villages in the Vale, Monknash, Welsh St Donat's, Castle-Upon-Alun, and Taff's Well.

For those who like long distance walks you can jump on a bus for the trip to St Brides Major ready for the 20-mile journey back to Barry, or enjoy an urban trek around Cardiff Bay and the city or turn out on New Year's Day for a short walk at Gileston and Pleasant Harbour, taking in some sea air to get rid of those hangovers!

Journeying further afield there will be trips to Malvern, Cwmcarn, Clydach Gorge near Ebbw Vale, Vaynor, Penhow, Llangybi, Monmouth, St Arvans, Penderyn, the waterfalls in the Neath Valley, Goytre Wharf and Holy Well, the Brecon Beacons, Black Mountains, autumn in the Usk Valley and the atmospheric mystical Carreg Cennen castle.

For those who like to walk and fancy lunch in a pub halfway, there is a chance to visit Skirrid with lunch at Llangattock Lingoed or a visit to the Gower peninsular with lunch at Llangennith. On a more sober subject, you can take a hike up over Allt Lwyd and Waun Rydd to view the wreaths laid at several sites on the mountain tops on Armistice Sunday.

On September 5, meet at 9am at the Barry Waterfront for an 8-mile moderate walk taking in Newton and Merthyr Mawr; contact Val W on 01446 734925.

On September 6, meet at 9am at Cogan Leisure Centre for a 12.5-mile hard walk taking in Pen y Gadair, Waun Fach and Pen Trumau in the Black Mountains; contact Robin on 029 2051 4051. **JS**

Drop-In centre trip to Noah's Ark Zoo Farm

FRIDAY, August 21 finally arrived and with it came Castleland Drop-In Centre's trip to Noah's Ark Zoo Farm.

As community members got on the coach, the younger members received a complimentary goody bag consisting of a drink, sweets and crisps courtesy of the Drop In Centre Development Trust.

There was lots to see and do at the Zoo Farm with animals ranging from cute little bunny rabbits to ferocious lions.

Children were able to hold some of the animals - rabbits, chicks and guinea pigs, and feed others such as the pigs, sheep, chickens and ducks.

Children and adults were able to go on tractor rides outside the animal village.

There were animal talks and demonstrations throughout the day ranging from meeting the animals to feeding them.

There were a number of children's play areas scattered around the zoo.

A favourite was the 3.2 km long hedge maze (the longest in the world). Each section had a question which would lead you the right way if you got the right answer... or the wrong way if your general knowledge wasn't up to scratch!

Everyone really enjoyed the trip and we were really lucky on the day with the weather being good to us.

We would like to say a huge thank you to Jane Hutt AM, Coun Chris Elmore and Coun Pam Drake for their kind donations of £180 towards the coach, and to APEC Coaches (Cowbridge) for providing us with a fabulous driver named Barklay on the day.

TANYA DEE
centre administrator

NEWS IN BRIEF

Diabetes event

VALE of Glamorgan Diabetes UK group will meet on Tuesday, September 15 in the Board Room, Llandough Hospital, Penarth between 7.30pm – 9pm.

Rob Lee will speak about diabetes: management, research and volunteering. All are welcome.

Vale NFU Ladies

FIRST meeting of the season on September 15 in Penllyne village hall at 7.30pm. New members welcome.

On September 30 at 7.30pm the NFU and Young Farmers' Harvest Festival, at Margam Abbey as usual.

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Beef Black Bean £4.70
Chicken Black Bean £4.50
Roast Pork Black Bean £4.30

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Shrimp Curry £4.50
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Carolyn Hitt. Photo by James Davies.

PLANS TO DEVELOP LIBRARY

THE business case for the development of a community library in Dinas Powys has been submitted to the Vale Council.

The aim, say local people, is to create a trust to take over the building and services of the existing library. The trust would manage the change from council to community run library, and recruit, supervise training and manage volunteers. Not only would the existing services be maintained but new ones would be developed. Ideas include a book club, IT courses, adult education, art exhibitions, a toy library and a café.

Coun Chris Franks said: "We feel that the community has welcomed the opportunity to be consulted and will become more engaged in services provided.

"The library will have a stand at the Village Show on Saturday, September 5, 1.30pm onwards in the Parish Hall for further information."

Penarth Book Festival line-up announced

WRITERS from all genres will be flocking to Penarth for this year's Penarth Book Festival.

Award-winning short-story writers Rebecca John, Tyler Keevil, Fran Rhydderch and Joao Morais will debate whether women write better short stories than men.

Carolyn Hitt and Eddie Butler will discuss Welsh rugby in the 1970s, while Jon Gower, Imogen Herrad and Elizabeth Morgan will celebrate 150 years of Welsh Patagonia.

This year will see the first Local Author Showcase, which will give local authors the opportunity to showcase their work.

Adele Nozedar will share tips on how to forage for edible goodies in our own gardens, and there will be exclusive screenings of three literary-themed films at Penarth Pavilion.

There'll be a number of events hosted by Penarth Library including a *Game of Thrones* themed quiz, a bilingual story time with Sali Mali and a retrospective look at cinema in Penarth with Marcus Payne.

There will also be children's events throughout the week and a Julia Donaldson themed workshop on Saturday with The Big Talent School.

John Gower. Photo by Marian Delyth.

The festival will take place at various venues across Penarth from October 11-18.

Anne Hallet, one of the Festival organisers, said: "We're delighted with this year's line-up. There will be events, workshops, readings and signings to appeal to all ages and literary tastes."

The full events programme will be published on September 7 when tickets for all events go on sale via the festival website or from Griffin Books (formerly Windsor Bookshop). Visit www.penarthbookfestival.org.uk for full event listings and information.

FAYE BLAKELEY

Concert Players bring 'Blithe Spirit' to the Paget Rooms

Helen Windsor as Madam Arcati weaves her magic on the cast of Blithe Spirit.

WRITTEN in 1941, *Blithe Spirit* was an instant stage hit which was then adapted by Noel Coward into a film, famously starring Margaret Rutherford and Rex Harrison.

The most recent revival saw the famous TV and Broadway star Angela Lansbury win a Tony Award for her portrayal of Madam Arcati on Broadway and an Olivier Award in London proving that at nearly 75 years old, *Blithe Spirit* is one of Noël Coward's most popular and successful comedies and is as bright and funny today as it has ever been.

Concept Players are one of south Wales' is an acclaimed theatre company, whose talents have recently earned them prestigious awards from the Glamorgan Drama League and the National Operatic & Dramatic Association. With farce a particular speciality of Concept Players, this is a revival not to be missed.

Blithe Spirit opens at the Paget Rooms, Penarth on Thursday, September 17 at 7.30pm (doors open at 7pm) and runs until Saturday, September 19.

Alternatively, you can also catch the show at the Borough Theatre in Abergavenny from September 24-26.

Tickets are now on sale at £10 and are available from www.concept-players.com, or via the Concept box office (029) 2049 0019 or the Borough Theatre Box Office (01873) 850805 or online at www.boroughtheatreabergavenny.co.uk.

'High rents and business rates puts Cowbridge in a crisis'

COWBRIDGE has long been the place for visitors from many miles around to come to do their shopping, drawn by high quality shops.

Twenty-five years ago, there were at least 11 designer dress shops in town. These were mainly run as second income businesses by ladies whose partners were the main 'bread winners'.

There were also two or three men's clothing shops; a school wear shop; along with several shoe shops. These shops survived well, by collectively attracting many visitors.

Today is a very different story, with many of these businesses gone and replaced by a number of stores which can be found in any town, along with a splattering of charity shops. This situation has been the result of high rents and business rates along with the effects of the recent recession.

In the last few months, many businesses have been forced to close due to the lack of visitors, as Cowbridge is losing many of the high quality and upmarket shops. The main street through Cowbridge has empty shops on a scale never seen before.

If this is not enough, the council now propose to fix the non-existent problem of parking by charging to come to Cowbridge. These charges are based on a report which is two years out of date; not giving any consideration to the current situation for businesses and their visiting customers.

My wife and I come the two miles into Cowbridge generally twice a day, to support local businesses, and in 25 years have always been able to park. On a recent Thursday, at 11am, I counted eight free parking spaces in the High Street, between the zebra and pelican crossings.

Many of Cowbridge's employees, who park all day in the town's car parks, are on or near to the minimum wage. These charges would see their already low disposable incomes drop by potentially £30 per week.

However, in reality, I expect they will 'street park' in the surrounding areas, placing extreme problems on parents needing to park near local schools when dropping off and collecting their children, and to people not being able to park outside their own houses.

Surely it is time for the council to help bring in new, vibrant businesses to revive the flagging town with reduced business rates, rather than put more pressure on Cowbridge's dying economy with these parking charges.

GEM reader Graham Bishop, Penllyn.

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Lola the family pet survives after attack!

by PHILIP IRWIN

STAFF at a Bridgend vets have been praised for saving the life of little Lola, a 15-month-old Bichon Frise, after her heart stopped three times on the operating table as she was treated after being savaged while out for an afternoon walk.

Thankfully, she has made a complete recovery and is now back home with Rebecca and David Carrington in Porthcawl, and the grim day in May when she was attacked seems a long way away.

David told The GEM: "I took Lola for a walk and we were heading towards Pink Bay when we met a man with three dogs, who chased her.

"Lola has always been a bit timid, and she adopted a submissive pose - lying on her back and exposing her belly - but one of the dogs, a Staffie, sank its teeth into her stomach.

"The owner was as shocked as I, but he was able to prise the jaws apart so I could free Lola. Her injuries looked really bad, so I dashed home, phoning Rebecca as I did.

"She and our daughter Tabitha jumped in the car and they met me on the way home, and we headed straight for Shepherds Vets in Brackla, Bridgend."

There was a lot of blood on David's coat, but fortunately the teeth had not severed an artery.When they arrived at the vets, Lola was put on a drip immediately.

Rebecca said: "It was even more upsetting for our daughter, as Tabitha was studying for her A-Levels."

Zephanie Woodward of Shepherds Vets told The GEM that it was decided to operate on Lola that evening.

After a while, it was felt that it would be best for the family to go home while Lola was being treated. However, it wasn't long before they received a call saying that Lola's heart had stopped. Although it had restarted, it seemed that it would be best if the family came in to say goodbye.

Zephanie Woodward said: "There were a couple of times when we didn't think she would make it.

"Over the next two days, there two further problems. The hole in Lola's belly was about the size of a 50 pence piece and the mesh was struggling to hold her internal organs in place, and on top of that she had picked up an ecoli infection.

"We had to operate a second time, and this time her heart stopped twice more. When we revived her and finished the surgery, she was put on the strongest anti-biotics we have, and also on morphine to deal with the pain.

David Carrington with Lola, now thankfully back to full health!

"All in all, she was in our hospital for almost a month."

The drugs, together with Lola's fighting spirit, led to a steady improvement, and after some time, the hole in her belly was clear of infection and it could be closed with stitches.

She is home now, full of life, and the only problem she has is scar tissue close to a muscle which gives her a limp. This is being treated with laser surgery.

The Carringtons have no bitterness toward the owner of the three dogs - although it does raise the question of just when it is safe to let dogs off the lead.

What they both feel strongly about, however, is the need to get insurance for your pet.

Happily, they had taken out insurance just two weeks before the attack! The bill for the treatment stands at around £2,300!

So, Lola is home now and full of life, and the family is grateful for the medical expertise of their vet.

Halfway through August there was more good news, as Tabitha received the news that she had three As at A-Level!

FREE ENERGY ADVICE FOR BARRY RESIDENTS

THE Welsh government Warm Homes Nest scheme is joining forces with Age Connects for a free advice event on Tuesday, September 22 at the Senior Health Shop, Holton Road in Barry.

The Nest team will provide advice on making your home more energy efficient and how to reduce energy bills.

Contact Nest on Freephone 0808 808 2244 or visit www.nestwales.org.uk.

The Cardiff Blues Choir competing at Cheltenham Town Hall.

TWO CHOIRS' VOICES RAISED IN HARMONY

BARRY-based community choir Vale Voices are holding a concert on Friday, September 18 at St Helen's RC Church, Wyndham Street, Barry, at 7pm.

Vale Voices meet for part of the year to work on a different project and the programme this year is particularly special and varied.

The choir will sing Bon Jovi and Mozart, as well as excerpts from *Carmina Burana* in which they will be joined by percussionists from the British Sinfonietta and pianists Rhiannon Pritchard and David George Harrington.

Also appearing are special guests, the prize-winning Cardiff Blues Choir/Côr y Gleision and jointly the two choirs will stage over 100 voices in a finale performance.

Cardiff Blues Choir was formed in 2006 as part of the S4C series 'Codi Canu', which aimed to encourage rugby supporters to bring traditional Welsh singing back onto the rugby terraces.

The choir now has over 100 members. Under the leadership of dedicated musical directors, it went on to sing on the maes in the National Eisteddfod, at local eisteddfodau, community events and at international and regional rugby matches.

They have recently celebrated winning in two classes at the Bournemouth Choral Festival and gained second place, competing against seven of the best choirs in Wales, at the National Eisteddfod this year.

Come along and support your local choirs and enjoy some wonderful music at the same time! Entry is £5, free for under 16s. Just pay on the door. **JT**

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NEWS IN BRIEF

Barry Floral Society

FIRST meeting of the season on Tuesday, September 8 at 2.15pm when Ms Sally Taylor of Yale will demonstrate 'Tales from a Gloucester Lass'.

New members are welcome.

Rhoose whist

THE Whist group at Rhoose Bowling Club in Celtic Way begins its autumn programme on Thursday, Sepember 10 at 2.45pm. *New members are welcome.*

Barry Cancer Research walk

ON Sunday, September 27 the Barry committee will hold a sponsored walk to raise funds for Cancer Research UK Cymru, meeting at The Ship Inn, Barry at 11am.

The walk will go around the lake, over to Barry Island and back. For sponsorship forms and more information call Geoff Brown on 01446 739174.

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Public can have their say

The Vale Council has announced that members of the public will now be able to register to speak at meetings of the council's public rights of way sub-committee.

It follows the introduction of public speaking at meetings of the authority's planning committee earlier this year which has proved to be popular, a spokesman said.

Public Rights of Way give a right of access over land, primarily for walkers. There are over 300 miles of such routes in the Vale and it is the role of the sub-committee to consider changes to the network.

Individual speakers will be allowed up to three minutes to speak with a maximum of six minutes for groups of two or more speakers. The next meeting of the public rights of way sub-committee is scheduled to be held on September 10 at 10am.

A registration form will be available on the council's website for five working days prior to each meeting. Residents who wish to speak will need to register at least two working days before a meeting in order to speak.

More information can be found at www.valeofglamorgan.gov.uk/publicrightsofway or by calling 01446 709855.

Vale schools are top of the class for attendance

FIGURES released by the Welsh Government reveal that attendance levels at secondary schools in the Vale were the best in Wales last year.

The pupils' attendance record showed schools had an overall attendance rate of 93.8 per cent, slightly higher than in the previous year. But in the Vale, attendance rates rose to 94.7 per cent, equivalent to more than 7,300 extra days of learning.

"It is also the lowest rate of overall absence that a local authority in Wales has had over the past four years," said Coun Chris Elmore, cabinet member for children's services and schools.

"I'm really pleased to see that the work to ensure high levels of attendance is really paying off, and we've seen the impact of this already in this summer's excellent examination results.

"Our ambition is that education outcomes here in the Vale are the best in Wales and match those of the most successful authorities in England and beyond, so it is really encouraging to see the Vale at the top of the table," Coun Elmore added.

Mittens cat charity launches in Llantwit

PREGNANT cats and their kittens within the Vale now have a safe place to stay, thanks to three good friends.

Sally Anderson, Julie Jones and Lucy Morris have set up Mittens, a cat charity specifically looking after pregnant mums and their kittens.

Mittens is based in Llantwit Major, Newport and Bettws.

As Llantwit Major-based founder Sally explained: "All three of us can only be described as passionate cat lovers. We have been very involved in supporting a local cat charity for many years. When this charity unfortunately closed we decided to keep supporting local cats and Mittens was born.

"We specifically take in pregnant and nursing mums and their kittens. These cats are often abandoned or stray.

"We provide nursing boxes, a safe environment to give birth, food, love and veterinary care. Once the kittens are born, weaned and vet checked they are offered for adoption.

"We also rehome the mothers once we have ensured they have been spayed.

"By keeping these cats at our homes we are able to assess their needs, their personalities and ensure we carefully match them to a new home.

"So far we have rescued eight cats and 32 kittens and helped them find their forever homes."

Mittens is officially launching on 12 September with an open day at 1 Groeswen, Llantwit Major, CF61 2UA from 10am to 4pm. To support the Mittens fundraising there will be tea, coffee, soft drinks, cakes, burgers and hot dogs.

Mr T Ricks a local clown will be entertaining the children throughout the day, along with a children's entertainer. There will also be face painting, glitter tattoos, teddy and bottle tombola's, new and nearly new stalls, handmade jewellery and children's toys at excellent prices.

For more information on Mittens and the cats and kittens available for adoption, visit www.mittenscatrescue.weebly.com.

Voluntary services charity welcomes new members

GLAMORGAN Voluntary Services (GVS) recently welcomed 10 new members.

At the summer board meeting it was agreed that Alexandra Gardens Community Association, Barry Central Bowling Club, Barry Island, Community Allotment Association, Barry Rovers FC, Care & Repair Cardiff and the Vale, Friends of Cadoxton School, Motion Control Dance, The Vale Parent/Child Homework Support Club, Vale Samba and Witchill Community Hall could all become members.

Clive Curtis, service development manager said: "We are pleased to see our membership grow from strength to strength. These new members will be able to take advantage of a range of services we provide for members, including funding information, development services and access to a range of practical services."

If you would like to register as a volunteer, register your organisation to host volunteers or become a member organisation of GVS and benefit from a wealth of free and low cost services, contact: Glamorgan Voluntary Services, Barry Community Enterprise Centre, Skomer Road, Barry. Tel 01446 741706 E-mail: enquiries@gvs.wales.

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Craig joins JA Hughes

Craig Shipp.

LOCAL solicitors JA Hughes has announced that Craig Shipp recently joined the firm as a solicitor in the civil litigation department.

Craig studied law at Crosskeys College in 1998 and obtained a Bachelor of Laws degree at the University of Derby in 2001. He continued his education at the University of Glamorgan achieving a postgraduate diploma in Legal Practice in 2002.

In his new role, Craig will be specialising in personal injury, landlord and tenancy, boundary disputes, debt recovery and contentious probate matters.

Men in high heels, but with serious message

LEFT: Kay Quinn, Coun Bronwen Brooks and Jane Hutt AM.

LOCAL men taking part in the 'Walk a Mile in Women's Shoes' event at Gladstone Park to raise awareness of domestic violence and Atal y Fro, were praised by local AM Jane Hutt.

"I was very pleased to support the men donning high heeled shoes in order to raise awareness of domestic violence. I was also glad to congratulate Kay Quinn from Atal Y Fro on the charity's Investors in People Gold Award.

"This is a unique charity in the Vale supporting victims of domestic violence and working towards its elimination," she added.

PLEASE DON'T LET THE CARDIFF INCINERATOR ASH BE DUMPED IN BARRY SAY FRIENDS OF THE EARTH

Dambuster lecture at Penarth Pavilion

ON September 6 at 10am there will be a Group 617 lecture on 'The Dambusters' at Penarth Pier Pavilion.

Tickets are free and can be booked online by calling 02920 712100.

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SINGING THE PRAISES OF THE VALE'S YOUNG ACHIEVERS...

Congratulations to our young people in the Vale – for their hard work, success and talent.

At the last night of the Superstars in the Making production of *West Side Story* in the Memorial Hall Theatre, Barry, brilliantly directed by Christian Bullen, there was tremendous applause and admiration for the talented young people from across the Vale who performed so well in this timelessly popular musical.

We were also applauding many of the young people on stage who have done so well in their A, AS and GCSE exams with exciting prospects ahead. It was lovely to meet proud parents, grandparents as well as performers on that excellent night in August.

The young people of the Vale of Glamorgan have excelled in their exam results this year – thanks to their hard work, the skills and dedication of their teachers and their strong motivation to 'achieve their best' – which they have done.

The GCSE results were 'record breaking' for the Vale and Llantwit Major Comprehensive School was one of three schools to achieve their best-ever grades with a 14 per cent improvement on the number of pupils achieving A* – C grades from last year, resulting in 79 per cent reaching these grades.

As headteacher, Dr Vince Browne said on the day of the results: "This is absolutely fantastic for the staff and pupils at the school," and these are results which are so richly deserved.

What was so impressive about his statement was his comment that: "It has been a privilege to work with these pupils over the course of the past five years."

It was also great to see the Barry Comprehensive School results, with 48 per cent of pupils awarded A* – C grades compared with 37 per cent last year.

I am inviting the Minister for Education and Skills, Huw Lewis AM, to personally congratulate the Vale schools, as an exemplar of what can be achieved by hard work, motivation and vocational teaching skills in Wales.

Vale schools also did well in their A and AS level results, with almost 98 per cent of pupils achieving A* – E grades, over half a per cent higher than the Welsh average – and there is widespread excitement for so many of our young people, as they move on to higher and further education in Wales and across the rest of the UK.

This will include opportunities for young people to pursue the apprenticeship routes available in Wales as a result of Welsh Government funding and support. Cardiff and Vale College and Bridgend College will be key partners in delivering apprenticeships in Wales and students will have the benefit of seeing how apprenticeships can be a route to high value jobs that is a valued alternative to university for many young people.

The Welsh Government is committed to encouraging parity between vocational learning and other post-16 educational paths.

Intermediate higher education at levels four and five plays a crucial role in bridging the skills gap and supporting economic growth.

Students interested in this route should contact Careers Wales to discuss their options through their 'Where Now' campaign helping young people make decisions about their next steps following their exams; see *www.careerswales.com/wherenow/ helpline* 0800 0284844.

The Welsh Government values our young people and we seek to boost their prospects at every stage of their lives from the early years through to higher and vocational routes with our continued backing of the Educational Maintenance Allowance and generous HE student support.

These are all priorities we choose as a Welsh Government – to support our young people at a time of cuts to our budget from the UK Government.

Our latest boost for young people was announced in July, with a new Welsh Young Person's Discounted Travel (WYPDT) scheme which offers 110,000 16-18 years olds in Wales the opportunity to save a third off the price of an adult bus fare.

Launched by the First Minister, Carwyn Jones, it is designed to help young people travel to and from training and employment more cheaply and covers all bus journeys from September 1, 2015.

Funding for the scheme was part of the Budget 2015/16 agreement between the Welsh Government and the Welsh Liberal Democrats and 16-18 year olds can register their interest in this new WYPDT Scheme Card via *Gov.wales/mytravelpass* or: *Llyw.cymru/fyngherdynt eithio* to enable them to received discounted fares on all local buses as from September 1.

Watch out for the information about this new scheme giving concessionary fares to our young people, as we already provide for older and disabled people in Wales.

Once again, congratulations to our young people in the Vale of Glamorgan and Wales, who continue to achieve so much and we must do everything we can to support them.

ASSEMBLY NOTES

by **Jane Hutt** AM (Minister for Finance)

LIFT (Life Is For Today)

COWBRIDGE LIFT group offers friendship and support to those affected by breast cancer. They meet once a fortnight, between 10am and 1pm for relaxation therapies, or between 2pm and 4pm for speakers, or trips out.

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Bridgend student Sam finds missing piece of a dinosaur!

Sam Davies with the fossil foot.

IN June this year, Amgueddfa Cymru (National Museum Wales) announced the discovery of possibly the earliest Jurassic dinosaur in the world, found by two brothers at Lavernock Beach near Penarth.

During a field visit to conduct research for his palaeontology project, Sam Davies who is a palaeontology student at Portsmouth University found the fossilised foot of this Jurassic dinosaur.

Sam, from Bridgend, arrived at the site no more than 10 hours after a cliff fall, which unearthed the fossilised foot. His tutor and reader in Palaeobiology at the University of Portsmouth, Dr David Martill, has since examined the find and concluded that it is part of the same therapod dinosaur – a distant cousin of Tyrannosaurus rex – which can be seen at National Museum Cardiff until August 31.

His tutor had suggested he visit the beach because its Jurassic cliffs are rich in fossils, little realising that a cliff fall just hours earlier had exposed another piece of the dinosaur.

However, if Sam had arrived at the beach later, the fossil – found sitting on top of a slab of rock – would have been washed away by the tide.

Sam, who is about to start his third year at the university, said: "I had no idea what I'd picked up. It was my first day of doing field work for my third year project, and I was just wandering up and down the beach looking for fossils. The dinosaur they found at the beach wasn't even on my mind."

The student happened to see the fossil, embedded in a 20 cm piece of rock, because it was in his line of sight as he was walking along.

"It was pure luck that I found it. It was just sitting on top of a slab of rock. It was obvious the fossil was fingers or toes, because there were three in a row, but the first thing that came to mind was that it was some sort of plesiosaur."

Dr David Martill confirmed immediately that it was the missing foot after Sam emailed him pictures of his find.

"My first reaction was that I was very lucky," said Sam. "Then I thought, "This is going to make my project" and started jumping up and down like a little boy!"

Dr Martill said: "This was a chance in a million find and highlights how important it is to encourage fossil-hunting in this country. This new specimen will help us chart the evolution of dinosaur feet, specifically looking at the number of toes and the nature of the ankle bone.

"What we can tell already is that this dinosaur was primitive. It's right at the bottom of where we draw the line and say, "These rocks are Triassic, and these are Jurassic".

Sam has already donated the foot to Amgueddfa Cymru, who hope to put it on display at National Museum Cardiff with the rest of the skeleton in the near future.

Dr Caroline Buttler, head of Palaeontology at Amgueddfa Cymru added: "The dinosaur found by Nick and Rob Hanigan is the first skeleton of a theropod found in Wales. Sam's find adds to its significance because we can learn more about the animal and how it is related to the dinosaurs that eventually evolved into birds.

"We're very grateful to Sam for donating the foot to the museum and hope to put it on display for our visitors to see very soon."

The skeleton, already on display at National Museum Cardiff includes the small dinosaur's razor sharp teeth, and claws.

The Welsh dinosaur was a small, slim, agile dinosaur, probably only about 50cm tall and about 200cm long, which had a long tail to help it balance. It lived at the time when south Wales was a coastal region, offering a warm climate. It had lots of small, blade-like, sharp, serrated teeth suggesting that it would have eaten insects, small mammals and other reptiles.

National Museum Cardiff's exhibition and activity programme has been supported by players of the People's Postcode Lottery. Entry to the Museum is free, thanks to the support of the Welsh Government.

TY HAFAN LOTTERY DRAW WINNERS

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D894.

- **£2,000:** 236342.
- **The rollover, which now stands at £6,500 was not not won this week.**
- **£10:** 721236, 911898, 898827, 734964, 607607, 845774, 505808, 294207, 436584, 573617, 827029, 486834, 319670, 652122, 536113, 887400, 322961, 550286, 342, 1921.
- **£5:** 152569, 109491, 966496, 187206, 562633, 388789, 200649, 651263, 334372, 128709, 893354, 499865, 267703, 336772, 781208, 810909, 592471, 378182, 377265, 184706, 539066, 421996, 167437, 688817, 348293, 360233, 665974, 457608, 640964, 755886, 240355, 113799, 328612, 328307, 795961, 786059, 120305, 189439, 505755, 576835, 200087, 672091, 469267, 312403, 509179, 177431, 943363, 409678, 344051, 617789, 947092, 752234, 322161, 862795, 986495, 117484, 125784, 287480, 107230, 1717.

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Great Dane Club of Wales holds charity event at Southerndown and Wynne is special guest!

PHOTOGRAPHS by GLYN EVANS

OTHER PICTURES ARE AVAILABLE FROM THIS EVENT.

Pictures can be purchased by contacting:

E-Mail: ffotoimage@tiscali.co.uk
Telephone 07791 228684
www.ffotoimage.co.uk

THE Great Dane Club of Wales and Bark Avenue Professional Groomers held a charity fun day and dog show at Southerdown thanks to David and Sue Lindsay.

Special guests were tenor Wynne Evans (who needed all his strength to control one determined dog) and Jagger and Woody from Heart Breakfast. Proceeds go to the Great Dane Charitable Trust.

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Fun day raises £2,600 for dog charity

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ON Sunday, August 30, over 400 people attended the bi-annual Funday and Companion Dog Show in aid of Great Dane Care.

The event was organised by Sarah Richardson of Bark Avenue Grooming, her family and friends.

The previous event held two years ago raised nearly £1,700. Little did they think that they would exceed their expectations and raise over £2,600 for a worthy cause – to rescue unwanted and abused Great Danes.

Barry RAF Association backs #YouthTime in King's Square

FOR a long time the work of the Royal Air Forces Association has largely gone unnoticed, right the way across the UK over the years, and now the Barry Branch of the RAF Association has taken up the challenge to let people know what work is being done behind the scenes.

The event at King's Square on Saturday, September 12 is to 'Showcase the Youth of Barry' and raise our profile and bring to the attention of the RAF veterans, in the Vale, that we are there for them. #YouthTime runs from 10am to 2pm on September 12.

Through the RAF Benevolent Fund, support is available for those RAF veterans and/or their partners.

Like me, many will have served at RAF St Athan.

Many families have been helped, from simple referrals to Government organisations, to major house repairs.

My Bro Radio interview recently asked the question about recent cases, to which I replied that it was like opening up Pandora's Box. As you visit these veterans it becomes evident there is much more help that could be offered.

So who is eligible? It covers those who have served in the RAF, and completed their training, from World War Two to those younger veterans who may have come on hard times, or who have just left the service.

Losing your employment in the RAF and having to move, are two major hurdles an airman faces when leaving the service, but there is help available, if the association is approached.

Our welfare work sometimes calls on us to be involved in many things. During 2015, the Barry branch has been invited to provide support at a veteran's funeral by paying respects at a loved one's passing. I have also been asked to trace a long lost father, after parents had split up years before and lost contact.

But the one final message is that I am a phone call away, should any veteran, and/or their partner, need advice.

Geoff Horton,
Honorary Welfare Officer,
Barry RAF Association,
Tel: 01446 740522,
email: geoff@horton.co.uk.

Jane Hutt AM

Labour Assembly Member for the Vale of Glamorgan

Follow me on Twitter: @JaneHutt

"Pleased to support #YouthTime - I will see you on the Square!"

www.janehutt.co.uk

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is pleased to support "Showcasing the Youth" Event and hopes that it will be a great success.

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Out and About with The GEM

NEWS IN BRIEF

Choral society

THE Cowbridge Choral Society resumes rehearsals today (September 3).

The choir will be singing Carl Jenkins' *The Armed Man* at the end of September, for the opening of the Rugby World Cup; Handel's *Messiah* in November as part of Voices for Hospices; and the traditional Christmas celebration in December.

New members are always welcome and experience is not essential.

Rehearsals take place in the United Free Church, Westgate Street (opposite the police station) every Thursday at 7.30pm.

Valeways guided walks

SATURDAY, September 5 at 10.30am discover The Hidden Vale, meeting at The Star Inn car park, Wick.

On Wednesday, September 9 the Coffee Shop Strollers meet at Romilly Cafe, Cold Knap in Barry CF62 6SW at 10am. On Thursday, September 10 it's Over the Common at 10.30am; meet in the car park opposite the Fox and Hounds in St Brides Major.

Mayor's coffee

MAYOR of Cowbridge with Llanblethian is holding a charity coffee morning in support of Prostate Cymru and the Motivation and Learning Trust, from 10am – 1pm this Saturday, September 5.

All are welcome.

Enfys craft fair

THE next craft fair by Enfys will take place on Saturday (September 5) at St Ffransis Millennium Hall, Park Road at 10am – 4pm.

Entrance is free. September's charity will be Action Medical Research (for children), which tackles childhood diseases.

For more information about the fair and the free charity table, contact Beryl on 01446 418695, or Cyril on 01446 400149. **BW**

Change of venue AS PLOUGHING MATCH IS HIT BY THE WEATHER

THE Vale of Glamorgan Ploughing Society, with much regret, have decided that due to adverse weather conditions the site at Penllyne Estate Farm is not suitable for this year's annual competition.

It would not be fair to the landowner, competitors or spectators to use this very wet site. We are grateful to Mr Johnny Homfray for his generous offer of this area.

However, an alternative site destined for next year has become available at Llandow village by permission of Mr and Mrs Phillip Lougher, of Ashleigh House Farm, and is to be the venue on Sunday, September 13 this year.

The star attraction for the public are the three teams of heavy horses and their handlers performing the traditional method of primary cultivation. This proved very popular last year and we wish the teams every success.

The committee would like to thank the past land owners for their support and, indeed, all the others who have helped us so well, including the Aberthin Boys, all competitors, spectators and our various sponsors.

We have, over the years, worked with and supported the Ed Evans Foundation and other charitable organisations.

Please join us on September 13 at 10am to see the best of what happens in the countryside! **JS**

The Vale of Glamorgan Ploughing and Hedging Society

ANNUAL PLOUGHING MATCH

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By kind permission of Mr & Mrs P Lougher.

Features include Ferguson Club Welsh T20 Ploughing Championship, horse ploughing class, mechanical ploughing and multifurrow classes for local ploughmen. Competition starts from 10am. Admission is £5 for adults, members & children under 16 FREE. FREE CAR PARK.

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Andrew Studley, Chairman - 01446 781229 or
Sarah Radcliffe, Secretary - 07976 950680.

www.facebook.com/Valeofglamorganploughingsociety

Dance music film engages, but hits a few bum notes...

SINCE singing and dancing his way through *High School Musical*, Zac Efron's career has shifted gears into more mature territory.

However, the move hasn't been as illustrious as the actor might have hoped, the majority of his films being disappointing with the exception of his hilarious turn in *Bad Neighbours*.

His latest lead role sees him in *We Are Your Friends*, where he plays Cole, an aspiring DJ determined to make his fame and fortune from his skill. When he meets James, a DJ who can help Cole get ahead, all seems well, but the pressure from his friends, as well as more than just a passing interest in James' girlfriend Sophie (Emily Ratajkowski) threatens to derail his dreams...

For any naysayers who think that being a top class DJ involves little more than a pressing play on a laptop and then basking in the assembled throng's adulation, *We Are Your Friends* shows that it takes a lot more than that – and takes a lot more out of you.

Narratively, *We Are Your Friends* is something of a mixed bag – it's a story about adulation, adoration, making something of yourself and making sure you don't lose yourself to your dreams, about friendship and doing the right thing; it's a lot to cram into 99 minutes, and doesn't quite manage to satisfactorily answer or resolve some issues.

by GARETH JAMIESON
Follow Screen Talk on Twitter – @GEMScreenTalk

Events unravel with convenience to the plot (James taking Cole under his wing for no discernible reason for example) but it does keep you engaged.

The direction of Max Joseph is particularly impressive; having also co-written the screenplay, he conveys a great deal of personality and identity through the film.

Making his feature debut (though known primarily for his co-hosting role on MTV's *Catfish: The TV Show*), Joseph shows promise and potential behind the director's chair.

If the script attempts a little too much at times (a subplot involving Cole and his friends working for an unscrupulous chancer is purely there as a morality lesson, while the third act ties up a little too neatly with one enforced plot changer), then Joseph's easy-going, yet stylised direction maintains both the pace and your attention.

Whether it's breaking down how dance music works, or a Yellow Submarine-esque drugs trip writ large, the visual style of the film marries with the subject matter beautifully, and highlights Joseph as a director with real personality.

The cast don't do a bad job, but are hardly stretched in their roles. Zac Efron delivers a decent turn, even if he still struggles to showcase frustration and emotion, Emily Ratajkowski plays the alluring foil to Cole well, while Wes Bentley as a DJ trading on his former glories is winningly deadpan, and it's good to see him in a decent role for a change.

There's something engaging about the characters, particularly Cole's friends, that keeps you invested throughout. Everyone can empathise with being young, not knowing what you want to do and whether the life that seems set out for you is the life that you truly want, and this is what the film taps into, and what makes it connect.

If there is a degree of style over substance, *We Are Your Friends* still makes for a satisfying experience, not quite hitting the highest highs but more than capable of keeping you watching to the (all-too-convenient) end.

VERDICT: An auspicious debut for director Max Joseph, albeit with a film that doesn't wholly convince, *We Are Your Friends* is a likeable film with themes that feel overstretched. The performances are satisfying, the predictable story arc doesn't frustrate thanks to its easy going charm, and while not mesmerising, is still a pleasing watch. *Enjoyable*.

SEE THIS IF YOU LIKED: *Swingers* (1996), *Pain & Gain* (2013).

SUMMER SAILINGS. PENARTH.

SAIL AWAY TO GLORIOUS ILFRACOMBE & EXMOOR COAST! Sunday 13th September. Depart 10am- 7.45pm. Wednesday 16th September. Depart 10.30am -7pm. Join us aboard Balmoral to cruise to the delightful seaside town of Ilfracombe with plenty to enjoy for parents and children with plenty of time ashore to explore! Alternatively, continue cruising along the scenic Exmoor coast with a short stop in Ilfracombe before your return.
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NEW courses for adults with additional needs are being launched at Palmerston centre, Barry this week, in partnership by Cardiff and the Vale Council's adult and community learning service.

There will be a free taster session on September 8 from 1pm – 3pm at the Palmerston centre.

Fees will apply to these courses on a first come, first served basis and an enrolment and payment will secure a place on the first ten week term, the week commencing September 21.

For more information call 01446 733762 palmerstoncentre@valeofglamorgan.gov.uk

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Sunday 12 noon - 4pm.

The Vale Photographic Club looks back on a very successful summer

OUR 'summer assignments' have proved very popular with our members: this month we have had entries for 'Glass', 'People Taking Pictures', 'Domesticated Animals' and 'Summer'.

The variety of images has been fantastic and we've had some great shots. 'Domesticated animals' was chosen to tie in with the Vale Show at Fonmon Castle, which offered an interesting array of livestock to photograph and an excellent day out.

We were there with our new marquee, a vast improvement over our tired old one which received a fair bit of damage in the high winds last year.

We were supported by a group of our members keen to encourage new recruits to our merry band. A band of photographers? What do you call a group of photographers, other than paparazzi, which we definitely are not!

We have had a great deal of interest this year and look forward to meeting many new members when we start back again at Ystradowen Village Hall on September 4.

'DomestiCatted' by Paul Tromans

Amateurs or professionals, beginners or experts, all are welcome, because we simply share the enjoyment of creating pictures with a camera.

As always, you can read more about us and view some of our members' images on our website at www.vale-photographic-club.co.uk.

If you think you might be interested don't hesitate to come along – you don't have to pay an annual subscription in your first year, just £2 on the night (tea or coffee and biscuits are included).

'Strike a pose' by Maria Absen.

We have an interesting and varied programme for the next 12 months and are always looking to expand the range of presentations on offer so suggestions are more than welcome.

TERRY VERRINDER

What's on / news in brief

Oldcastle PACT

A MEETING will take place on Wednesday, September 9 in Brynteg lower school library at 6.30pm.

Cowbridge U3A

A TALK entitled 'The National Botanic Gardens of Wales' will be given by Desmond Woods on Wednesday, September 9 at 2pm in Cowbridge Town Hall.

Visitors welcome; a small fee includes refreshments.

Book signing in Penarth

TRAVEL writer John Harrison will be signing his latest book *1519: A Journey to the End of Time* at Griffin Books, Penarth on September 11 from 6pm – 7pm; John was a guest at this year's Hay Festival.

Admission is free and refreshments will be provided.

On September 24 Griffin Books will host crime writer Ann Cleeves at 2.30pm in All Saints Church, Victoria Square, Penarth. Tickets for this event are £5.

Visit griffinbooks.co.uk or call 02920 706455 for more details.

Barry Girls' reunion

TO mark 40 years since leaving school, a reunion will be held for Barry Girls Grammar/Bryn Hafren (1970 – 75, sixth formers of '77) at Coffee Cove and Wine Bar, Esplanade Buildings, Friars Road, Barry Island CF62 5TJ.

This takes place on Saturday, September 12, 6pm – 12am – spread the word!

Bring photos and memorabilia, also a family photo for the Reunion Memory Book.

Call 'Little Di' John or Coffee Cove on 01446 677071 for more details.

Ladies' Welsh group meets in Cowbridge

MERCHED y Wawr in Cowbridge is a group of Welsh speaking ladies who meet on the second Monday of the month to socialise and share interests.

Activities include talks, crafts, reading books, helping charities, quizzes, singing, etc.

The first meeting of the season will be held at 7.30pm on Monday, September 14 at the Lesser Hall, Cowbridge. Members are asked to bring along something of importance to them, a small 'treasure', and to talk about its significance.

New members are warmly welcomed, including ladies who are learning the Welsh language.

Further details on 01656 766967.

Merched y Wawr, Y Bontfaen

MAE Merched y Wawr yn cwrdd unwaith y mis ar yr ail ddydd Llun i gymdeithasu a rhannu diddordebau.

Rhannwn gweithgareddau fel darlithiau, crefftau, darllen, helpu elysennau, cwisiau, canu ac ati.

Cynhelir cyfarfod cyntaf y tymor ar ddydd Llun, Medi 14eg am 7.30 y nos yn Y Neuadd Lai, Y Bontfaen.

Gofynnir i aelodau ddod a rhywbeth o bwys iddynt, 'trysor' bach, a siarad amdano yn fyr.

Croesewir aelodau newydd yn wresog gan gynnwys merched sydd yn dysgu'r iaith Gymraeg.

Manylion pellach ar 01656 766967.

Prince Charles patron of Civic Trust Cymru

CIVIC Trust Cymru has announced that Prince Charles has agreed to become Patron of the Trust.

Formerly the Civic Trust for Wales (established in 1964), it was launched on April 1 and promotes civic pride as a means to improving the quality of life for all, and encourages community action, good design, sustainable development and respect for the built environment.

Chair of Civic Trust Cymru, Lyn Owen, said: "We are delighted that HRH The Prince of Wales has agreed to become the Patron of Civic Trust Cymru. His patronage recognises not only the work of the Trust, but also that of all the dedicated and passionate local people who make up the civic societies of Wales.

"We are extremely grateful to HRH for his support".

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GEM ADVERTISEMENT FEATURE

In Business Update

Best solutions for your hearing needs

Local hearing for local people

MALMO Hearing is a family-run business, devoted to offering the best solution for your hearing needs.

Our main branch, open six days a week, is located in Bridgend town centre and our highly qualified and experienced audiologists are welcoming and friendly.

We offer FREE hearing assessments, FREE hearing aid demonstrations, Microsuction ear wax removal, hearing aid repairs and servicing.

We hold regular clinics throughout south Wales, including the following locations:

Cowbridge & Western Vale Group Practice: Cowbridge; Davies & Jones optometrists: Dinas Powys and Talbot Green; and Arbuthnot Opticians: Barry.

Other clinics include: Treorchy, Caerphilly, Blackwood, Pontypool and Newport.

Contact us on 01656 652444, or visit www.bridgend-hearing.co.uk for more information.

Hearing information days

Thursday 10 & Friday 11 September at Malmo Hearing, Bridgend

Malmo Hearing are your local hearing aid experts devoted to offering the best solutions for your hearing needs.

Visit us on our information days for:

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- **FREE** hearing assessments
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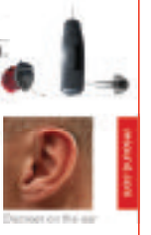

To hear ReSound LiNX² for yourself, call us on 01656 652444 to book your place at one of our information days.

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www.bridgend-hearing.co.uk info@bridgend-hearing.co.uk

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*Terms and conditions apply, ask us for more details. Valid on 10th & 11th September 2015 only. Offer applies to ReSound LiNX2 9 & 7 only.

G2S PROUD OF THEIR WELCOME TO WALES!

SINCE opening the doors of their new showroom at the beginning of 2014, G2S have seen constant growth and are now firmly established in Wales.

They proudly offer competitive prices on windows, doors and conservatories and have relished the opportunity to supply these products to the people of Wales. Although they are relatively new to Wales, G2S have been industry specialists since 1990. Priding themselves not only on the quality of their products and competitive prices, but also on their high service standards, it goes without saying that the Welsh people have welcomed them with open arms.

G2S believe in their products and prices so much that they are now offering a free £10 Marks and Spencer gift card just for the opportunity to provide people with a quote on their new windows, doors, or conservatories.

For more information, visit www.g2sgroup.co.uk or call 0800 322322.

Free Will advice to put your mind at rest…

HOPKINS LAW are currently running an innovative 'free advice clinic' every Tuesday afternoon for advice on Probate, Wills, Powers of Attorney and Trust matters.

The clinics are open to everyone and appointments aren't always necessary, so it's a great opportunity to ask any niggling questions that have been bothering you.

The insurance company RIAS recently reported that over eight million over-50s haven't yet made a Will – whether for fear of tempting fate, or fear of the legal process.

The specialist solicitors at Hopkins Law will make your Will in plain English – and help you ensure that everything you hold dear is left to your loved ones in the future.

ADVICE ON WILLS & PROBATE

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Yes, that's right, FREE legal advice on Wills, probate issues, powers of attorney and family trusts at our weekly legal clinics every Tuesday afternoon during September. For appointments at other times, please pop in or telephone.

01446 774 151 hopkins LAW

www.hopkinslawltd.com SOLICITORS & ADVOCATES

Music in Mind for over-60s in the community

WITH Music In Mind, a Cowbridge-based community interest group, is starting its first singing and social group for people aged 60 and over.

The groups will run from 10.30am-12.30pm on Fridays at The Duke of Wellington, Cowbridge, and consist of an hour of group singing, led by a qualified musical director, followed by an hour of a social activity. Refreshments are provided.

Sarah and Kate, who run With Music In Mind, are keen to emphasise that anyone, of any singing ability, is welcome. The first session is on Friday, September 4, which will be registration and a free trial.

For more information, or to register now, contact With Music In Mind on 01446 771890, or info@withmusicinmind.co.uk, or see the website www.withmusicinmind.co.uk.

Singing and Social Group for people aged 60 and over.

Starts in Cowbridge on Friday 4th September at the Duke of Wellington 10.30am - 12.30pm.

Come along for registration and a free trial (£4 per session after free trial). Refreshments included.

For more information call 01446 771890

Email info@withmusicinmind.co.uk

www.withmusicinmind.co.uk

Veteran helps Veteran!

DISABLED RAF sergeant Mr A from the Vale of Glamorgan, received help from the RAF Association with replacing his faulty heating system recently.

Riding to his rescue was a former Army veteran, Dusty Millar (Mister Boiler Ltd), now trained as a Gas Safe engineer who replaced his heating system with funding from the RAF Benevolent Fund.

A grant was provided to make replacing the heating boiler possible. Mr A said: " Without the generous help of the RAF Benevolent Fund, it would have been very difficult to afford this on my pension."

The case was put together by Geoff Horton, Barry RAF Association Honorary Welfare Officer, and fellow ex-serviceman Dusty Millar.

The Barry RAF Association is active across the Vale of Glamorgan and its welfare team is available to assist RAF veterans now living in the local community, as well as their partners.

The contact details, should an RAF veteran need help, are: Geoff Horton, 01446 740522, or geoff@horton.co.uk or at Morrison's Store, Barry, on September 1-6 during the RAFA Wings Appeal.

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GEM ADVERTISEMENT FEATURE

In Business Update

JEWELLERY BOUTIQUE NOMINATED FOR TWO TOP AWARDS

THE summer months have never been so busy for jewellery designer, creator and entrepreneur, Emma-Kate Francis.

Her jewellery business, *www.emmakatefrancis.com* and boutique studio based in Cowbridge, has been shortlisted for two prestigious Welsh awards; the 'Entrepreneur Wales Awards' and the 'South Wales Business Awards' in both 'creative' and 'retail' categories.

With many businesses closing down in Cowbridge, Emma-Kate wants to thank you for all the local support and custom she has been receiving recently:

"My business has grown from strength-to-strength over that last year, thanks to my loyal customers, and recently I have been seeing more and more footfall in the gallery, which is really great to receive," she said.

Fundraiser supports vital eye care mission

Left to right: Ted Arbuthnot, chairman Vale for Africa; Coun Fred Johnson, Mayor of the Vale; Coun Charlotte Williams, deputy Mayor of Barry and Dr Has Shah, Vale for Africa member.

A FUNDRAISING dinner has raised £700 for Vale for Africa to help fund an important mission to Uganda.

In September, a team of three eye experts from the Vale will visit the Tororo district of the country to help improve eye care in the area. They will test vision and train local hospital staff and village health teams.

One of the optometrists and chairman of Vale for Africa, Ted Arbuthnot, said:"The problems in Tororo are simple. Primary care in the rural areas is sparse and identifying people in need is difficult. Transporting them to centres where they can be treated is a problem, and as well as this the government hospital struggles to maintain good services."

The eye team will also test children's eyes in schools in the rural areas, as well as adults and the elderly, in a rural health centre at Gwarragwarra. They will also take badly-needed equipment with them.

Vale for Africa – part of the ambitious Wales for Africa programme – works to improve lives in the Tororo district of Uganda in various ways. A range of activities aims to improve health, education and skills in the region.

Vale for Africa has, among other projects, funded three motorcycle ambulances for Tororo, supports a community library and is working to build new classrooms in a local school.

"We are very excited about the work being done, which is having tangible benefits for local people.

"We find that a little help goes a long way," said Mr Arbuthnot.

The fundraising dinner, organised by Vale for Africa member Dr Has Shah, was held at the Vegetarian Food Studio in Cardiff. Around 60 attended, including members of the Ugandan Asian Community living in the area. The Mayor of Vale of Glamorgan, Coun Fred Johnson, and the deputy Mayor of Barry, Coun Charlotte Williams, also attended.

As well as supporting the eye care trip, the funds raised will be used to help the Vale for Africa scholarship student who will be studying at Atlantic College this year.

To get involved with Vale for Africa, call 01446 734387 or email info@valeforafrica.org.uk.

Charity needs creative people

LOCAL charity Sustainable Wales needs help to develop two new groups (Arts and Culture and Community Energy).

We're in the process of developing an 'Arts, Craft and Culture Trail' for the town, following a feasibility study. Also, we are about to produce 'Shine a Light?' – a short challenging film outlining the difficulties of community energy development in the UK – solar, hydro, biomass, geothermal, wind.

So, we would like to involve enthusiastic people to help us develop these two new campaign groups for our borough.

We need creative people with ideas, experience in research, project development, administration, finance or marketing, but all are welcome to join.

To be involved and contribute to either of these important activities, call into SUSSED, 4-5 James Street, Porthcawl, telephone 01656 783962, or email *kris.evans@sustainablewales.org.uk*.

Kristian Evans, Development Officer.

Cat centre looks for a good home for Zenga

Zenga, who has detatched retinas, is looking for a good home. (Photograph by Sue Dobbs).

THE Cats Protection Bridgend Adoption Centre is seeking a loving home for a blind cat in its care.

The cat, named 'Zenga' was admitted as a stray with her five-week-old kittens. She was very poorly on arrival but has rallied and is now ready for adoption.

Sadly one of her kittens passed away but the other three have survived and been adopted. Despite her blindness, there is no reason why Zenga shouldn't make a loving pet for the right owner.

Sue Dobbs, centre manager said: "Cats that are blind or have impaired vision can live happy and healthy lives, as they use other tools such as scent, memory and touch to find their way around.

"Zenga has detached retinas; our vet believes she was born blind. Zenga also has a heart murmur, it's a miracle that she has survived being a stray and managed to raise a litter of kittens in the process".

"We think Zenga will be best suited to an indoor home as long as the owner takes some simple precautions, for example, not moving furniture around and keeping her litter tray and feeding bowl in the same place, then there is no reason why Zenga shouldn't fit in as the perfect pet.

"Zenga has a lovely character – she is very sweet and gentle, loves having a fuss and human contact so do get in touch if you would like to meet her"

Anyone interested in giving Zenga a home should contact the centre on 01656 724396 or email bridgend@cats.org.uk

Rising investment star hopes to challenge the First Minister in next year's Assembly election

A 33-year-old Conservative with a background in engineering and finance, who became a British citizen in 2011, hopes to challenge Wales' First Minister Carwyn Jones in the Welsh Assembly elections next May.

George Jabbour moved to Britain from Syria in 2004 to study at Imperial College and graduated with a Master's degree in finance. In 2012, he was named one of the top 40 rising stars in British investment banking.

Mr Jabbour is one of three Conservatives who will be contesting an open primary at the Hi Tide Inn in Porthcawl on Monday, September 14 – the others are Dan Boucher, a former European Parliament candidate, and a local community councillor Carolyn Webster.

Mr Jabbour said: "My background in engineering and investment equips me with the skills needed to deal with the local challenges, to create more jobs and to increase the investment in industry and tourism in the constituency."

In the general election, Mr Jabbour stood in the Inverclyde seat in the west of Scotland. He polled 4,446 votes to Ronnie Cowan's SNP total of 24,585, coming third

George Jabbour.

The First Minister will be defending what looks like a comfortable majority of 6,775.

Any elector in the Bridgend constituency can register to attend the open primary meeting and vote for one of the three candidates. To register, call 033 0010 1403, or write to Freepost Welsh Conservatives or email *info@welshconservatives.com*. The deadline for registration to attend the open primary meeting is Sunday, September 13.

ECO-FASHION COSMETIC BRAND

INIKA

COMES TO COWBRIDGE

INIKA, the beauty industry's preferred organic cosmetics range is coming to your local Lloyds pharmacy in Cowbridge.

INIKA is a certified organic, natural, halal & vegan makeup brand which does not compromise on colour or performance and which delivers a flawless complexion. Designed to hydrate and nurture healthy skin for complete confidence, the advanced botanical formulas are free from synthetic chemicals and free from harm, meaning it can be used even on the most sensitive of skin.

This multiple award winning cosmetic brand, outperforms even non-organic brands and with its luxurious textures, excellent pigment delivery and effortless application. **INIKA's** products are also cruelty-free for added peace of mind.

You can now find **INIKA** cosmetics in the makeup aisle of your local Lloyds Pharmacy located in The Broadshoard, Cowbridge if you want to join the organic revolution.

Want a chance of winning a bespoke Autumnal makeup kit up to the value of £55 from INIKA Cosmetics?

*Answer the following question **by September 15th** to the address below stating your address and contact number:*

What advanced ingredients does INIKA use in it's formulations?:

- **Botanicals**
- **Beeswax**
- **Synthetic Chemicals**

All entries to be sent to:

INIKA Competition Entries - Cowbridge

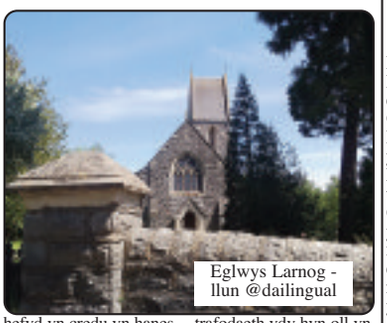
C/O Chalk PR, Unit 6J, Clapham Arts Centre, 26-32 Voltaire Road, London, SW4 6DH

MENTER IAITH BRO MORGANNWG

MYND AM DRO YN Y FRO...i Larnog

gyda Dai Lingual

Bu yna raglen deledu yn ddiweddar ar S4C yn datgelu hanes y signal radio cyntaf i gael ei hela dros fôr a thir gan Mr. Marconi – criw Telesgop oedd yn olrhain yr hanes i'r rhaglen "Dibendraw" a'r man ble bu hynny'n digwydd oedd o Ynys Echni i Larnog, sef ar yr arfordir rhwng Penarth a Sili.



Eglwys Larnog - llun @dailingual

Mae yna dipyn o ddiddordeb wedi bod yn y darn hwn o'r arfordir hefyd oherwydd y deinosor (bach, maint deryn sylweddol) sydd i'w weld nawr yn Amgueddfa Genedlaethol Cymru yng Nghaerdydd mewn modd ffosil-aidd sydd hefyd yn olrhain ei hanes i'r Fro. Dydi hyn ddim wedi ein synnu ni wrth gwrs, mae Penarth yn le hysbys am ddeinosoriaid!

Trown at waith yr Athro Gwynedd O. Pierce i ddatgelu hanes llwynogod Larnog – er efallai mai nad y llwynogod sydd wedi bod wrthi wedi'r cyfan. Er tebygrwydd y Llwynog i 'Llarnog', teimla O. Pierce mai enw cyntefig o'r Hen Saesneg (neu iaith yr Anglo-Sacsoniaid felly) yw 'Lawerce' [yr ehedydd neu 'lark' felly] 'Knock' [bryncyn].

Wedi dweud hynny, mae'r eglwys leol wedi ei chysegru i Sant Lawrens [St Laurence] felly mae'n rhaid bod ganddo ef tipyn o ddweud yn y mater hefyd, er nad oes yna stori hanesyddol i ddod â'i draed ef yn nes o dan y bwrdd arbennig hwnnw ar hyn o bryd.

Credaf innau fod Larnog felly yn enghraifft o enw lle ym Mro Morgannwg nad sydd iddi esboniad syth bin, tryloyw. Cewch ddewis eich hoff ddehongliad chi!

Yn bersonol, tybiaf fod y rysáit yn cynnwys tipyn bach o bob un o'r uchod, gyda thalp sylweddol or canlynol: sef o gofio pentref Llywernog yng Ngheredigion, a'r tebygrwydd trawiadol hynny. Er, dydi Gwynedd O. ddim yn rhy hoff chwaith o'r cysyniad taw gwraidd Larnog yw Llanwernog – sef yr Eglwys ger y Gwerni, efallai oherwydd ei fod hefyd yn credu yn hanes Sant Lawrens hefyd :– beth felly am lwyn-[g]wernog ?

Os taw hynny yw gwraidd etymolegol Llywernog ger Ponterwyd, pam nid felly hefyd Llywernog ger Penarth, a bod hynny wedi treiglo i Larnog dros yr oesau – lle'r llwyni gwern felly. Wedi'r cwbl, y Brythoniaid Celtaidd – sef cyndeidiau'r Cymry – buasai wedi enwi Larnog yn gyntaf tybiwn i. Ac efallai na fuasai sillaf Llywernog fel y bu yn gweddu meddylfryd y concwerwyr ieithyddol a'u holynyddion crefyddol a ddilynodd y Celtiaid paganaidd i'r ardal.

Gwelir felly bod etymoleg yn faes y gad i syniadau diwylliannol gwahanol – ac nid yn unig i siaradwyr yr iaith Gymraeg. Yn Iwerddon, mae'r dramodydd Brian Friel wedi ysgrifennu'n llu ar effaith Seisnigeiddio enwau Gwyddelig i'r iaith fain yn ei ddrama arbennig Translations, ble mae'r grymoedd gwleidyddol sydd hefyd yn meddu ar rym ieithyddol ac felly daeryddol. Mae'r iaith Gymraeg wedi llwyddo cyrraedd yr unfed ganrif ar hugain mewn ffordd gall iaith y Gwyddel ond deisyfu amdani, ond eto fe welir effaith byw mor agos i'r ffin yn enwau ein pentrefi a threfi. Llwyn neu efallai lle'r gwern yw fy Larnog imi felly, a bod hynny wedi bod yn reswm yn gyntaf i'r Anglo-Sacsoniaid glywed ehedydd yn hedfan uwchben y clogwyni (ble mae'r bryncyn?) i greu Lark-knock (What a lark!) ac yna i Gristnogion i gysegru'r eglwys yn enw St. Laurence - er bod yna ddim rheswm penodol arall i wneud hynny.

Wrth gwrs, yn union fel y deinosor yn Cathays mae angen enw ar bopeth er mwyn ei reoli a nodi ei hanes; a thestun trafodaeth ydy hyn oll yn unig ble nad oes yna wobr am y dewis gorau na chwaith yr angen am resymeg lawn, ac edrychaf ymlaen at luniau o Fryn yr Ehedydd, a storiâu lu yn sôn am waith St. Lawrence yn yr ardal – cewch hela'r rheiny, yn ogystal â'ch syniadau, deisyfiadau a'ch dyfeisiadau chi ynglŷn ag enwau eich pentref lleol ym Mro Morgannwg i'r cyfeiriad arferol sef david@cymunedau.org

CYRSIAU NEWYDD I OEDOLION YN Y FRO

Mae Menter Bro Morgannwg wedi derbyn cyllid gan Gyngor Bro Morgannwg i beilota ychydig o gyrsiau hamdden i oedolion trwy gyfrwng y Gymraeg. Fe fyddant yn cael eu cynnal ym mis Tachwedd, felly dyma flas i chi o'r hyn fydd ar gynnig. Dewch yn llu! Gallwch gofrestru ar wefan y Fenter neu trwy gysylltu â ffion@menterbromorgannwg.org / 029 20689888.

Yoga – sesiwn yoga ymlaciedig a hamddenol dan arweiniad Mari Rhys.

Dydd Sadwrn Tachwedd 21 | 10.30am-1pm yn Festri Bethel, Penarth | £8

Bragu Cwrw, Gwin a Seidr – cwrs bragu cwrw, gwin a seidr gyda Rolant Tomos o Fragdy Tomos a Lilford (Llanilltud Fawr). Bydd y sesiwn yn cynnwys cyflwyniad i'r broses o gynhyrchu cwrw danadl poethion a gwin cartref, cyfle i flasu cynnyrch arbennig Tomos a Lilford, yn ogystal â sesiwn ymarferol ble cewch y cyfle i baratoi galwyn o seidr Nadoligaidd eich hun i fynd adref gyda chi!

Dydd Sadwrn Tachwedd 21 | 2-5pm yn Festri Bethel, Penarth | £35 (yn cynnwys yr holl adnoddau ac offer angenrheidiol)

'Llanw a thrai, trai a llanw: hanes yr iaith Gymraeg ym Mro Morgannwg' – cwrs hanes dan arweiniad Dylan Foster Evans

Bro Morgannwg yw un o'r adaloedd mwyaf diddorol yng Nghymru o ran ei hanes ieithyddol. Ar hyd y canrifoedd mae'r Gymraeg a'r Saesneg fel ei gilydd wedi gweld cyfnodau o dwf ac o encil yn yr ardal hon. Bwriad y sesiwn rhyngweithiol hwn fydd dod i ddeall rhagor am ddiwylliant cyfoethog y Gymraeg yn y Fro o'r Oesoedd Canol hyd heddiw.

Dydd Sul Tachwedd 22 | 2-5pm yn Neuadd y Dref, Y Bontfaen | £8

Ukulele – cwrs blasu dan arweiniad Mei Gwynedd (Sibrydion, Endaf Gremlin), ble byddwch yn dysgu cordiau syml ar yr Ukulele a mynd ati i gyd-chwarae rhai o'r goreuon o gerddoriaeth Gymraeg, yn ogystal ag ambell i gân Nadoligaidd! Bydd angen i chi ddod ag Ukulele gyda chi i'r sesiwn.

Nos Iau Tachwedd 26 | 7-9pm yng Ngwesty'r Park, Y Barri | £8

GWEITHGAREDDAU TEULU NEWYDD

Mae Menter Bro Morgannwg, mewn partneriaeth ag Adran Chwaraeon yr Urdd, yn darparu cyfres o weithgareddau newydd i blant cyn oed ysgol a'u teuluoedd mewn amryw leoliadau ar draws Bro Morgannwg. Dyma fanylion y cyrsiau a'r gweithgareddau sy'n dechrau ym mis Medi:

Sblish Sblash Babis Dŵr – cyfle gwych i'ch babi gyfarwyddo â sgiliau nofio mewn awyrgylch hapus a hwyliog ac i gymdeithasu â rhieni, gyda chyfle i aros am baned a sgwrs ar ôl y sesiwn

I blant a babanod o 3 mis i 3 mlwydd oed | bob dydd Gwener yn dechrau Medi 25 | 9.45-10.50am yn Hebron Hall, Dinas Powys | £60 am gwrs 10 wythnos

Nofio i Ddechreuwyr – cyfle i blant dderbyn hyfforddiant nofio gyda eu rhieni yn y dŵr.

I blant meithrin a dosbarth derbyn | bob dydd Sul yn dechrau Medi 13 | 8-9am neu Nghanolfan Hamdden Penarth | £45.50 am gwrs 13 wythnos.

Plantos Heini – sesiynau gymnasteg i hybu datblygiad corfforol eich plentyn a magu eu hyder mewn awyrgylch gyfeillgar, gyda gemau a gweithgareddau amrywiol i annog y plant i symud a chwarae

I blant 2-4 oed | bob dydd Gwener yn dechrau Medi 25 | 1.30-2.30pm yn Gampfa YMCA, Y Barri | £30 am gwrs 10 wythnos

Rygbi Bach – cyfle i ddysgu sgiliau craidd ac i ddechrau datblygu sgiliau penodol rygbi, gan gynnwys sut i basio'r bêl yn gywir a sut i sgorio cais da

I blant 2½-3 oed: bob dydd Sadwrn yn dechrau Medi 19 | 11.30am-12pm yn Ysgol Stanwell, Penarth | £35 am gwrs 7 wythnos

I blant 3-4 oed: bob dydd Sadwrn yn dechrau Medi 19 | 11.30am-12.15pm yn Ysgol Stanwell, Penarth | £49 am gwrs 7 wythnos

Amser Stori – croeso i blant 0-4 oed a'u rhieni i ymuno mewn sesiwn hwyliog o stori a chân, a gynhelir AM DDIM yn wythnosol yn ystod tymor ysgol

Llyfrgell y Barri – bob dydd Mawrth yn dechrau Medi 8, 10.30-11am

Llyfrgell Llanilltud Fawr – bob dydd Iau yn dechrau Medi 10, 10.30-11am

Miri Meithrin – sesiwn chwarae a gynhelir yn ystod pob gwyliau ysgol, sy'n cynnwys gweithgareddau celf a chrefft, softplay, castell gwynt, a sesiwn cerddorol gyda 'Babi Bach'

I blant 0-4 oed | dydd Iau Medi 29 | 2.30-4pm yng Nghanolfan Hamdden Penarth | £2.50 y babi/plentyn [talu ar y drws]

Mae modd i chi gofrestru ar gyfer unrhyw un o'r cyrsiau uchod ar wefan y Fenter, neu os hoffech fwy o wybodaeth, cysylltwch â ffion@menterbromorgannwg.org / 029 20689888.

Cydnabyddir cefnogaeth Cronfa Arian i Bawb y Loteri a Chyngor Tref y Barri

MERCHED Y WAWR – CANGEN Y BONTFAEN

Cyfarfod cynta'r tymor yn y Neuadd Lai am 7.30 ar nos Lun Medi'r 14eg. Noson i drafod a dangos 'trysorau' yr aelodau!

Croeso i aelodau newydd yn ogystal â'r hen rai wrth gwrs!

Am fwy o fanylion: s.williams642@btinternet.com

Sêr Eiry - Virgo

Os cawsoch eich geni rhwng Awst 23ain a Medi 22ain rydych yn Virgo – arwydd daear, dan reolaeth y blaned Mercher - sy'n eich gwneud yn hynod o chwim a sionc eich symudiad a'ch meddwl.

© Suzanne Carpenter

Eich arwyddair heb os yw perffeithrwydd. Rhaid i bob peth fod yn ei le iawn ar yr amser iawn, ac yn berffaith mewn pob manylyn, er weithiau y byddwch yn rhoi gormod o sylw i'r manylion ac yn anwybyddu'r darlun llawn. Rydych chi'n berson cyfeillgar er braidd yn swil, yn ddiymhongar a meddylgar.

Mi fyddwch bob amser yn mynegi'ch hunan yn eglur ac yn resymegol, ac yn siaradwr cyhoeddus gwych. Rhaid i chi gael trefn a thaclusrwydd o'ch cwmpas ond weithiau mi fyddwch yn gosod safon rhy uchel i chi'ch hunan a phawb o'ch cwmpas. Gellir dibynnu arnoch i gadw at eich gair, ac mi fyddwch wrth eich bodd yn cymryd cyfrifoldeb, gan eich bod yn hoffi helpu eraill a bod o wasanaeth. Mae pob peth ymarferol yn apelio atoch chi a rydych chi'n dysgu'n gyflym iawn, ac yn ardderchog mewn argyfwng. Rydych chi'n hoffi hobiau ymarferol fel gwaith coed neu wnïo.

Ond mae ynnoch weithiau duedd i fod yn or ffyslyd, ac yn rhy feirniadol o eraill, ac ohonoch chi'ch hunan hefyd – a thuedd i boeni'n ormodol, nes gwneud eich hunan yn sâl, gyda thuedd chi i fyw ar eich nerfau - yn dipyn o hypochondriac a dweud y gwir! Rydych chi hefyd yn eitha ffyslyd yng nghylch eich bwyd. Mae tuedd ynnoch chi i chwilio bai cyn canmol. Weithiau fe allwch chi fod yn or ofalus gydag arian cybyddlyd hyd yn oed!

Virgoaid enwog: Ray Gravell, Dafydd Iwan, Bryn Fôn, Sharon Morgan, Menna Medi, Jenny Ogwen.

CYMRODORION Y BARRI – RHAGLEN Y FLWYDDYN

Bydd Cymrodorion y Barri yn cyfarfod yn ôl ym mis Medi wedi toriad byr dros wyliau'r haf, a dyma fanylion yr holl ddigwyddiadau sydd i ddod dros y flwyddyn nesaf!

Medi 15: A dyma'r Newyddion - Newyddiaduraeth a fi gan Sali Collins – Darlithydd Newyddiaduraeth y Coleg Cymraeg. Cadeirydd Eric Thomas

Hydref 20: cariad@iaith a Dal Ati – y cyfresi a'r dysgwyr. Noson yng nghwmni tîm cynhyrchu'r rhaglenni i ddysgwyr ar S4C. Cadeirydd Larry Bufton

Tachwedd 17: Gareth Thomas – awdur y nofel boblogaidd, 'A Welsh Dawn'. Cadeirydd Eleri Hourahane

Rhagfyr 17: Dathliad Nadolig Ysgol Bro Morgannwg. Cadeirydd Rhoswen Deiniol.

Croeso i aelodau newydd yn ogystal â'r hen rai 2015

'Party on the Pitch' hits all the right notes at Llantwit Major Rugby Club

PHOTOGRAPHS by ANDY WICKS
Telephone 07855 374478

THE 'Party on the Pitch' was held at Llantwit Major Rugby Club on Sunday, August 30.

As you can see from Andy Wicks' jolly pictures, every one had a great time. There was a beer festival, live music, a DJ, hot food and kids' play area – what more could you want?

Local leisure centres offer free exercise

ON Wednesday, September 9, Barry, Penarth, Cowbridge, Llantwit Major and Holm View Leisure Centres are providing free exercise activities as part of their involvement in National Fitness Day, helping to make it the most active day of the year in the UK.

Under-16s are eligible to swim for free during public swimming sessions at Barry, Penarth and Llantwit Major Leisure Centres; however, those of eight years of age or less will have to be accompanied by a parent or someone over the age of 16.

To take part, members of the public should go to the centre on September 9. Contact the centre on 01446 403000 or visit leisurecentre.com.

What's on and where?

AM surgery

JANE HUTT, Assembly Member for the Vale will hold a surgery on Friday, September 4 from 4pm – 6pm at Trinity Church Hall, Trinity Street, Barry CF62 7EH. No appointment necessary.

Free legal advice

AGE CONNECTS Cardiff and Vale runs a free monthly legal advice session at the Senior Health Shop, 38 Holton Road, Barry.

If you are over 50 and worried about a legal matter other than criminal law, then come along.

The next session is on Tuesday, September 22 at 10am to 12 midday. Contact 01446 723385 for further information. No appointment is needed.

Age Connects coffee

AGE Connects will hold a Good Neighbours coffee morning on September 12 in the Lesser Hall, Cowbridge between 10am and 12.30pm.

Raffle, cakes and information on Age Connects; all welcome to come along.

Message in a Bottle

THIS is a simple, effective way to keep essential personal and medical details where they can be easily found in an emergency by paramedics, police or other services.

Go along to the Senior Health Shop on 38 Holton Road, Barry on September 15 to learn more and get your free bottle.

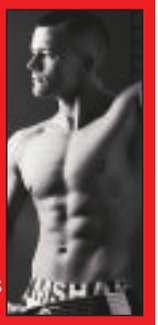
Nordic Walking

IF you would like to learn about Nordic Walking, come to Age Connects Senior Health Shop, 38 Holton Road, Barry on September 22, 10am – 12 noon.

Trainer Geoff Hollett will be there to give advice and information on how to get started. Contact 01446 732385 for further information.

GF

MUSCLE & FITNESS GYM
INCORPORATING
THE BASEMENT
PERSONAL TRAINING FACILITY



1 on 1 classes
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Improving all functional levels of fitness for all ages

Cardio machines • Multi-gym • Prowlers • Gym chains • Battle ropes • SAQ ladders • Kettlebells • Trampoline • Medicine Balls • Sandbags • Plyometric boxes • Punchbags • Dumbbells • Pulley Hoist • Tyres

with Personal Trainer Austin Thomas
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Looking to advertise in over 45,000 newspapers AND online? Then get in touch with us on 01446 774484 or email: gemeditorial@tindlenews.co.uk

Health Beauty & fitness

Now autumn is on its way... how about some real 'me time'?

THE VALE FOOT CLINIC
90 High Street, Barry
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The COLLEGE of PODIATRY
We specialise in...
• Footwear
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Call us now to make an appointment at our new Barry clinic or in Dinas Powys.
hcpc registered
Also at Castle Court, Dinas Powys.
Tel: 02920 512646

ONE of the paradoxes of life is that while we may enjoy a pastime or activity, it means something else is neglected.

Have you ever been away on a foreign holiday, only to return and need some time to relax? Some 'me time'!

Summer holidays are often a whirlwind of activities and enjoyment, but once they are over and the children are back at school it gives Mums and Dads and grandparents time to catch up on their own interests.

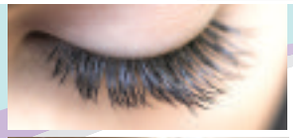
Now is the time to join that fitness gym, enjoy a makeover, take up dancing or a new sport, find a moment in the day to pop over to the slimming club.

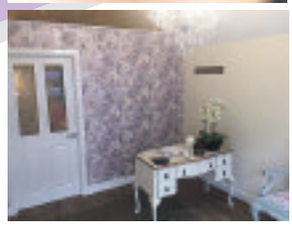
Maybe there is a health problem that that you've put on the 'back-burner' because you've been so busy. Well, make that appointment – now!

Only you can set aside the time to make these things happen – the encouragement and help is there if you look for it.

Ballroom! Latin! Salsa!
COME DANCING with STEVE AND LYNNE
(2 qualified I.D.T.A teachers)
at their NEW BEGINNERS CLASSES in BALLROOM/LATIN/SALSA/ at:
HIGHLIGHT PARK COMMUNITY CENTRE, BARRY,
(behind Tesco's) every THURSDAY, starting SEPTEMBER 10th, 8.30-9.30pm (Intermediate 7.30-8.30pm). Also NEW BEGINNERS at:-
HIGHFIELDS CHURCH CENTRE, MONTHERMER ROAD, CATHAYS, CARDIFF
every TUESDAY, starting SEPTEMBER 8th, 6.30-7.30pm.
Learn to Salsa, Jive, Tango, Waltz, Cha-cha, Samba, Quickstep, Paso Doble, Merengue, Rumba, Foxtrot!
Check Web for more info and to book your place:-
www.salsachacha.com
Or just come along on the night, bring friends to our VIBRANT, fun and friendly classes and get fit!! Just £6.00
Students £5.00. Former pupils most welcome.
Tel: 02920 758708 or 07866 551346
GREAT FUN AND EXERCISE - GET FIT - FAST !!!

Claudia Beauty and Aesthetic Clinic





Visit Facebook page on Claudia Beauty and Aesthetic Clinic

Before and after treatment for Semi Permanent Make-Up

Before and after treatment for Thread Vein

Opening Times
Mon closed.
Tue 9am - 5pm.
Wed 9am - 5pm.
Thurs 12 - 8pm.
Fri 9am - 6pm.
Sat 9am - 4.30pm.

Welcome to

Claudia Beauty Aesthetic Clinic, my name is Claudia James and I am a fully qualified semi permanent make up specialist and beauty therapist, aesthetically trained in chemical peels, dermatology and much more. Having worked in the beauty industry for over 10 years including top clinics in Cardiff, I have always embraced new technology & kept up with the latest and most effective procedures in the beauty industry.

Visit the salon to see for yourself what I have to offer. If you are looking for one to one private service in elegant surroundings without the celebrity price tag, look no further than Claudia's.

Treatments available
• Waxing - all aspects (Intimate)
• EPIONCE Chemical peals
• Semi Permanent Make Up
• Thread Vein Treatment • Massage
• Aromatherapy Facial • Lashes • HD Brows
• Pedicures • Manicures • Spray Tans
& much more

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Call on 01446 679940 or 07947 091125

118a Park Crescent.
Barry CF62 6HE

Health & fitness Beauty

r2h

evening appointments available

Return 2 Health Chiropractic Clinic

We treat a wide range of conditions such as:

- Back and neck pain
- Sciatica
- Shoulder pain
- Pregnancy related disorders
- Headaches
- Sports injuries and many more

FREE ADVISORY CONSULTATION

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01446 740002
www.r2hcc.co.uk
The Stables, Castleland St, Barry CF63 4LL

TIPS TO PROTECT YOUR BACK!

WITH the increasing use of iPads and laptops, at Return 2 Health Chiropractic Clinic, we are seeing more and more people, particularly teenagers, with back issues.

Move it! Sitting for too long is generally not good at all for the body, particularly the back. With iPads, laptops, gaming consoles and TV, it's very easy to sit and slouch for long periods. Try to get up and move every 30-40 minutes.

Lighten up! Try to keep your school bag light. If there are lockers at your school, keep heavy books in them.

Use a rucksack! Carrying a heavy bag over one shoulder creates muscular imbalance and uneven stresses on the joints. Using a rucksack with both straps over your shoulders is far better for you.

If you are worried about your back pain (or any other pain), why not come and visit us, we have over 11 years' experience in treating back pain.

Not sure if we can help? Then book a free advisory consultation.

Fontygary Club welcomes you!

WITH the kids back in school and time on your hands, why not join us at the Bay Health and Fitness Club in Fontygary Leisure Park?

With no contract to sign, it is easy to just pay over the counter each month – there are no hidden charges!

This gives you the flexibility to come and go as you please (we also offer a pay-as-you-go facility).

We have a separate free weights room – a fully equipped gym with vibrostation (like the celebrities use), a lovely relaxing leisure area complete with Jacuzzi, sauna and steam room and a 25m indoor swimming pool.

If you have never used a gym before, you don't have to feel intimidated as our staff are on hand to show you exactly how each piece of equipment works.

We offer a warm welcome to everyone. Don't take our word for it – why not come down and see for yourself? (Or call Jennie or Mark on 01446 710386.)

Remember Fontygary Leisure Park is completely open to the public!

Fontygary LEISURE PARK
Fontygary, Rhoose, Vale of Glamorgan, CF62 3ZT
Tel. 01446 710386

Join the Bay Health Club at Fontygary Park, Rhoose NOW!

STUDENT DISCOUNTS AVAILABLE NOW!

WHY?

- Fully Equipped Gym
- Separate Free Weights Room
- 25m Pool
- Leisure Suite with – Sauna/Steam Room/ Jacuzzi/Vibro-gym
- Friendly staff
- Free Parking

Novices & Fitness Fanatics Welcome!

WHY? FOR YOUR HEALTH & WELL-BEING – NO CONTRACT TO SIGN NO JOINING FEE MEMBERSHIP FROM ONLY £25.00 PER MONTH

HOW? BY DIRECT DEBIT or *MONTHLY PAYMENTS OVER THE COUNTER

WHEN? NOW – IT ONLY TAKES A FEW MINUTES TO CHANGE YOUR LIFESTYLE AND IMPROVE YOUR HEALTH!!

For further information please contact
Jennie on 01446 710386
or why not just pop down and have a look around? We are confident that you will like what you see . .

Bring this advert with you - NO JOINING FEE!

ZUMBA GOLD CLASSES IN VALE

ZUMBA GOLD CLASSES

Monday Classes
Barry Memorial Hall 10.45am - 11.30am.
Llanrumney British Legion (Cardiff) 1.30 - 2.15pm.
Highlight Community Hall 6.15pm-7pm.

Wednesday Classes
Sully BP Club 10am - 10.45am.
Highlight Park 11.30am - 12.15pm.

ZUMBA FITNESS CLASS
Tuesday Class
Llandough War Memorial Hall, Llandough
6.45pm - 7.30pm

NEW PIYO CLASSES starting in Llandough October, pls ring for details.

All classes start from 2nd September, but please check the website for confirmation of start dates:
www.tracey14.zumba.com
Pay As You Go option
Please call Tracey for further details on 07966 242933
(Fully qualified fitness instructor)

ZUMBA GOLD was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or who may be limited physically.

Zumba Gold is done at a much lower intensity.

Some great Latin styles of music and dance are used and Zumba Gold classes strive to improve balance, strength, flexibility and most importantly, the heart.

Classes are being held in Barry and Llandough and have now started for the autumn.

Please contact Tracey on 07966 242933 for further details.

SCOTTWROE HEARING

- Established in Penarth for over 14 years
- Comprehensive aftercare plan
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- The latest hearing aid technology
- Widex Centre of Excellence
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The Team (from left to right) • Scott Wroe • Laura Wroe • Tonya Sutton • Sue Sharp • Susan Wroe • Alison Roberts

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Scott Wroe Hearing
Station Approach, Penarth CF64 3EE.
(Free Parking opposite the centre)

Health Beauty & fitness

Super slimmers' weight-loss success is in the bag!

SLIMMERS in Llantwit Major are losing pounds and bagging-up all the clothes they've slimmed out of, to raise money for a good cause – in the Big Slimming World Clothes Throw.

Members of the Llantwit Major Slimming World group spring-cleaned their closets and are donating the clothes that no longer fit their new slimline figures to their local Cancer Research UK shop.

The Big Slimming World Clothes Throw is a nationwide fundraising drive that sees Slimming World members across the UK donating clothes to Cancer Research UK, Slimming World's charity partner for 2015. Each bag of clothes collected could raise up to £25 and we managed to donate 38 bags! This year the company raised £1.7 million.

Helen says: "Lots of people have dropped down clothes sizes and their wardrobes are full of clothes that are too big and baggy now. And they're happy to give them away because they know that they're never going to need them again!

"Our Food Optimising plan isn't a diet that members follow for a little while and then 'come off' when they've reached their target weight.

"At group each week we support members to make healthy changes to the way they shop, cook and eat that they can keep up for life so they really do slim for good."

Helen said: "As a group, we have also just completed our very own Race for Life and raised £525 for Cancer Research."

Anyone who woud like to join generous Slimming World members is welcome at the group at Catholic Church, Ham Lane East, Llantwit Major on Tuesdays at 9:30am, 5:30pm or 7:30pm. Contact Helen on 01446 750738/07968 355119, for more information on other groups.

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Helen 01446 750738/ 07968355119

Tuesdays 5:30pm
Holy Trinity Presbyterian, Church Hall, Trinity Street, Barry
Joanne 01446 404897

Tuesday 5.30pm & 7.30pm
Ebenezer Church Hall, opp. Surgery, North Cornelly CF33 4LB
Dee 07733 267369

Tuesdays 5:30pm and 7:30pm
The Welfare Hall, Hope Avenue, Next To The Old Cinema, Aberkenfig, CF32 9PR
Lorraine 01656 734710

Tuesdays 6:30pm
The Old School, South Road, Sully CF64 5TG
Nicola - 01446 740394

Tuesdays 7:30pm
St Marys Catholic Church Hall, Ewenny Road, Bridgend
Graham 07475 865005

Wednesday 9.30am
Trinity Church, Porthcawl
Gaynor 01656 788763

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Dee 07733 267369

Wednesdays 6:00pm
Cadoxton Methodist Church, Church Road, Barry
Joanne 01446 404897

Wednesdays 4:45pm and 6:45pm
St Francis Millennium Centre, Park Road, Porth-Y-Castell, Barry
Annamarie 01446 736534

Wednesday 5.30 & 7.30 pm
Bridgend Deaf Club, Coychurch Road, Bridgend
Helen - 01656 720963

Thursdays 9.30am
Nolton Church Hall Merthyr Mawr Road Bridgend
Donna 01656 669739 07790797008

Thursday 9.30am
Cowbridge Rugby Club High Street
Rob 07708 941279

Thursdays 10.15am
St Helen's Church Hall, Wyndham Street, Barry CF63 4EL
Nicola - 01446 740394

Thursday at 5.30pm
Pencoed RFC Felindre Road, Pencoed
Donna 01656 669739 07790797008

Thursdays 5:30pm
Highlight Park Community Centre, Barry Annamarie 01446 736534

Saturday 9.30am & 11.30am
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Gilgal Church Hall, Woodland Avenue, Porthcawl CF36 5HU
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Stylish barber service at spa Resort

WITH the wedding season in full swing, Wales' largest spa has launched a new barber service, offering grooms-to-be and wedding guests hair cutting and shaving treatments.

The Vale Resort in Hensol has appointed Lewis Jones, 25, who has more than four years of experience in the profession and has worked with a number of well-known barbers and salons across south Wales.

The spa's newly-created service will benefit male wedding guests, especially grooms, wanting to look ultra-sharp on the big day. Mr Jones provides expert hair-cutting services, hot towel shaving and facial cleansing treatments.

Mr Jones said: "Male grooming has become very popular in recent years, so I'm delighted that I can now offer my services to the resort's clients, particularly those visiting for a special occasion.

"TV shows, such as *Mad Men* and *Suits*, have put male grooming in the spotlight, and more and more people are now looking for a traditional barber to replicate these slick, stylish haircuts.

"A lot of clients prepare for a wedding by purchasing a good suit and shining up their shoes to really 'look the part'.

"Indulging in a hot towel shave or having a fresh haircut, is a great way to round off the whole look, so clients can feel their very best on the big day."

Stephanie Metson, marketing manager at the Vale Resort, said: "This new service is an extension of the existing male grooming packages offered at the Vale Resort and will undoubtedly be a welcome feature for our wedding guests."

PILATES CLASSES IN BARRY

PILATES is a gentle form of exercise that both strengthens and stretches the body and classes are held at St Nicholas hall in Barry.

They are small and friendly and there are classes for complete beginners, up to intermediate.

Some people attend the classes to improve their fitness, flexibility and posture; others find it helpful with a variety of aches and pains and some just enjoy the class and the relaxation it brings. Classes are led by qualified Pilates teacher Sharon Sylvester, who also works as a registered osteopath.

Starting on Thursday, September 24, is a new five-week introductory course for beginners. In the evenings, beginners can join the 7.15pm Friday class.

To book your place, contact Sharon on 07830 085606 or email sharonpilates@hotmail.com.

Barry Pilates Classes
Mondays 9.15am & 10.30am
Thursdays 10am
Fridays 6pm & 7.15pm

New Beginners Course Thursday
Starts 24 September 11am

To book, or for more information:
Sharon 07830 085606
www.barrypilates.co.uk

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Health Beauty & fitness

Laser treatment the safe, effective way

BASED in St Athan Village, Vale Laser Clinic offers laser treatment using Lynton's British-made medical grade laser machines.

Investing in the latest technology, David and Emma are able to offer the safest, most effective tattoo removal procedures, using Q-switched ND:Yag and Ruby laser, which can remove green ink usually left behind by other laser machines.

Using a mixture of IPL and long pulse laser, we have the latest technology enabling us to remove hair from all skin types, including trickier fair hair on fair skin and dark hair on dark skin.

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With discreet off-street access and free parking, Vale Laser Clinic is located on the first floor above St Athan Pharmacy.

With purpose-built treatments rooms, we offer a comfortable, discreet service to both men and women from 18 to 80, to ensure you can be proud of the skin your're in!

We have free, no obligation consultations to discuss a tailor -made treatment package for you.

A free test patch will be carried out, to ensure you are happy with the treatments going forward.

To book your free consultation, please call 01446 750880.

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New Pilates courses starting at the Barefoot Studio…

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- Beginners and intermediate classical matwork.
- Lower level workout in our fundamentals class.
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EXERCISES TO IMPROVE BOTH YOUR BODY AND YOUR MIND

WILLOWS Tai Chi and Qi Gong group has been going since 2010; we have classes in Barry, St Athan and Ewenny, and we now have opportunity for beginners to join for the Autumn term.

In each class, we do the Lee Style Tai Chi Form and Qi Gong exercises to improve and maintain health and well-being and condition the body, to improve, balance, coordination, mobility and flexibility – allowing the mind body to recover from the cares of the everyday life.

All classes are done in a very gentle way, allowing each individual to work at their own pace, staying within their personal ability and pursuing personal goals.

Our class members say they also enjoy the social aspect of the class, and meeting friendly helpful people. You are welcome to contact me at 01446 744643 to discuss, how you can join and learn a new skill.

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For more information, call Sue on
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'Bye bye Botox', Hello acupuncture!

BYE BYE BOTOX and hello facial acupuncture… women of all ages are now giving up the taut botox look in favour of a more glowing, feminine look.

Facial rejuvenation acupuncture is the new cosmetic sos. Popular among celebrities, including Jennifer Aniston and Gwyneth Paltrow, it's a holistic procedure that works with your natural energies to give you a healthier, younger look.

The procedure works in much the same way that traditional acupuncture does: fine needles, finer than the hairs on your head, are inserted into your fine lines and are then lifted at intervals, to help rebuild the collagen in your skin – giving your face an overall healthier look.

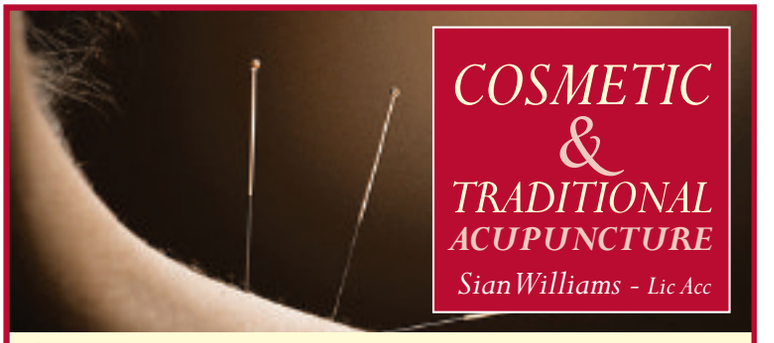
Sian Williams, a fully-qualified cosmetic acupuncturist, offers facial rejuvenation acupuncture at the local Cowbridge Health Food shop.

Her treatment is tailor-made to suit the needs of her clientele and the number of procedures depends entirely on one's skin.

She also takes before and after photos, so that she can examine how to progress through your treatments and giving you the chance firsthand to see the acupuncture working.

When the time comes for your next botox fix, think twice! There's a healthier, holistic alternative that can give you younger looking skin, minus the expense and freezing face look.

Sian Williams, Lic Acc, is a fully qualified acupuncturist, who also practises traditional acupuncture in treating various conditions.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Thrilling encounter marks opening of new hockey pitch in Penarth

The new Astroturf pitch at Stanwell Comprehensive School was well and truly inaugurated at the weekend as a Stanwell Old Boys team took on a Penarth Select XI in the first match of any kind at the facility.

After years of waiting, the day proved to be an emotional one for players on both sides, many of whom have lived a nomadic existence for the past two decades as Penarth Hockey Club searched for a permanent home.

With Stanwell having provided PHC with talent for much longer than that, a meeting between the local club and the debutant Old Boys team provided a fitting backdrop to the occasion.

A large crowd of stakeholders, well-wishers, interested spectators and assorted family members had already gathered by the time that former Welsh Hockey Association and long-standing PHC president Alan Carter recalled moments from the history of both school and club, before cutting the ceremonial ribbon and allowing everyone access to the pitch.

After a brief warm-up to get used to the new surface, the teams were ready for action, although the early stages suggested that Penarth were a little more prepared as the first 10 minutes of the game took place largely in the Stanwell half.

Ironically, therefore, it was just as the 'home' team was beginning to gain a foothold that Penarth opened the scoring, with Sam Salisbury and Sam Chick combining to set up Gareth Hurman for a simple tap-in and the first goal of the new era.

Despite Kevin Maddox and Phil Lane continuing to cause problems for the Stanwell defence, it was the former students who scored next, coming back into the game and levelling as Sam Wooding converted a pass from Dave Watkins to make it 1-1.

The game appeared to be heading into the interval on an even footing, thanks to goalkeepers Mark and Jason Harris, who both pulled off fine saves, and the defensive efforts of Jamie Davison, Dave Stevens and Craig Llewellyn, the latter clearing off the Stanwell line.

Penarth, however, had other ideas and, with just minutes left on the clock, Chick found a gap in the Stanwell defence to fire home and put PHC 2-1 up.

With the keepers staying put during the break, and thus swapping teams for the second half, the respective forwards faced a different challenge when the game resumed, and this time it was the former pupils who made the early breakthrough, with Wooding linking up with father Derek and capitalising on a through ball to score his second of the game to bring the sides level once again.

With their tails up, Stanwell continued to take the game to Penarth, led by the veteran guile provided throughout the game by skipper Nick Pratt, Rob Harris, Thomas brothers Dave and Paul and the effervescent Dave Morgan. It was youthful vigour that applied the finishing touch, however, as the efforts of Tom Davies and Matt Noble eventually led to a third goal for Wooding Jr, who completed the first hat-trick on the new pitch with quarter of an hour remaining.

Falling behind clearly wasn't in Penarth's game plan however and, spurred into action by facing a one-goal deficit with 10 minutes to play, Laith El-Khatib converted a penalty corner to bring the sides level for a third time.

Taking advantage of a tiring student side, Chick and El-Khatib then grabbed a second goal apiece in the waning moments to make the final score 5-3 in Penarth's favour, giving former St Cyres pupil Mark Robinson the honour of having assembled and captained the first winning team at Estadio Stanwell.

"It was a great game to christen a great new facility," PHC chairman and Old Boys captain Nick Pratt observed, "Penarth Hockey Club will be eternally grateful to headmaster Derek Jones, deputy head Clare Kynaston and the governors for their vision in bringing this pitch to fruition, and both club and school can look forward to many more games like this as a result. Hockey has well and truly come home!"

Teams - Stanwell Old Boys: Mark Harris, Rob Harris, Craig Llewellyn, Nick Pratt (c), Simon Pedwell, Dave Stevens, Paul Thomas, Dave Thomas, Dave Watkins, Dave Morgan, Derek Wooding, Sam Wooding, Tom Davies, Matt Noble.

Penarth Select: Jason Harris, Mark Robinson (c), Graeme Jones, Jamie Davison, James Davies, Rob Williams, Phil Lane, Laith El-Khatib, Sam Salisbury, Sam Chick, Gareth Hurman, Kevin Maddox, Richard Clarkson, Dave Kidby. Umpires: Colin Crayford, David Gale.

With the official opening now in the rear view mirror, Stanwell will begin life as Penarth Hockey Club's official home as the first XI continue their pre-season preparation by hosting Cardiff & Met on Saturday, September 5, while a combined second/third XI will take on the same opposition at UWIC.

Penarth Hockey Club always welcomes new, old and returning players, umpires, supporters, friends and helpers regardless of age and ability.

Training takes place on Wednesdays at Stanwell School, with the juniors on the pitch between 6.30pm and 7.30pm and the seniors between 7.30pm and 8.30pm.

Anyone interested in joining the club at senior or youth level can contact either player-coach Ben Croxall (b_croxall20@yahoo.co.uk) or club secretary Dave Stevens (d_stevens81@hotmail.co.uk) for further information. **CL**

The Stanwell Old Boys and Penarth Select XI teams.

PHC president Alan Carter cuts the ribbon and officially opens the new pitch.

Llantwit Major AFC see the points shared

LLANTWIT MAJOR AFC travelled to high flying Abergavenny on Saturday in a Division 3 Welsh League fixture.

Abergavenny must have been confident going in to the game carrying 100 per cent record in their campaign.

The early exchanges were a little cat and mouse, with the Llantwit midfield gradually taking a grip of the game.

After 25 minutes Rhys Llewellyn smashed a 40 yard pass into the run of Lee Jones who finished with aplomb, giving Llantwit a 1-0 lead.

Top scorer Danny then saw an effort ruled out for offside.

The tireless Rob Jones had a big penalty claim overturned, while the Llantwit defence, and keeper Jack Lansdown, rarely looked troubled, which allowed Llantwit to go in at halftime with a fully deserved slender lead.

As predicted by the shrewd Karl Lewis, Abergavenny came out for the second half wounded and eager to fight back.

Despite having a lot of possession the chances created were very few and far between.

The back line and a disciplined midfield display stemmed the tide very effectively.

Only one real chance was created; following a free kick, a far post unchallenged header failed to hit the target.

Llantwit were forced to ring the changes due to a hamstring tear picked up by Lee Jones and also, in midfield, Kristian Smith had to bow out.

The reshuffle saw Glyn Davies fall in to full back and the excellent Jon Fletcher pushed in to midfield.

Stiil, despite having a lot of the ball, Abergavenny got no joy from a steadfast rear.

Gethin Jennings replaced the effervescent Keiran Waggers who had put in a proper shift

The tireless duo of Nathan Jones and Rob Jones carved out a gilt-edged chance, which Rob failed to convert

From this, the ball was quickly recycled and Abergavenny counter attacked with maximum reward, by scrambling in a fortunate rebound in the 76th minute.

Honours were even for the remainder of the game and a 1-1 scoreline was a fair reflection.

This gritty and yet often top quality performance against the league leaders left the Llantwit management confident that there are better times ahead.

The newly formed squad is beginning to settle and players are beginning to gel.

Squad: 1 Lansdown, 2 Butler, 5 Llewellyn (c), 6 Robinson, 3 Flecher, 8 K. Smith (Evans), 4 L. Jones (G. Davies), 7 K. Waagners (Jennings 85) 10 N. Jones, 11 D. James, 9 R Jones. **DJ**

Cowbridge bowls club round-up

IN their last league game of the season the men travelled to Bargoed - a team destined for promotion and packed with young players.

Cowbridge, at the other end of the table, were looking for points to avoid relegation. The result saw Bargoed win emphatically on all four rinks to secure promotion to Division 2.

Fortunately for Cowbridge, other teams at the bottom of the table also dropped points and these results should mean another season for Cowbridge in Division 3.

The club's annual triples competition was played over the Bank Holiday.

Coming through the preliminaries for the semi-finals were Lin Wallace, Pat Davey and Clive Pritchard, who beat Lynda Wilson, John Hunt and Shirley Wilkinson.

The other semi-final saw Terry Dunsworth, Diane Lloyd and Alan Wallace beat Janet Morton, Len Taylor and Helena Snelling.

In fine sunshine on Monday afternoon, and in front of 36 members, Terry, Diane and Alan beat Lin, Pat and Clive by 19 shots to 17. It was a final that was a pleasure to watch.

This weekend, September 5/6, will be our competition finals, schedule as follows: Saturday morning, ladies pairs; Saturday afternoon Millenium Plate and two Wood Singles. Sunday morning, mixed pairs, mens pairs; Sunday afternoon, ladies singles, men singles. **MB**

Cefn Cribwr edge their way to victory against Graig FC

CEFN Cribwr FC were in action last weekend and battled to a 2-1 victory over Graig FC - JULIE HANCOCK was on hand to capture the action.

Six of the best as St Athan FC earn the derby spoils

ST ATHAN dismantled Cowbridge in this local derby with a dynamic and assured display that left last season's fourth place side reeling.

Before Cowbridge had even found their bearings in the game, they were three goals behind and the game was lost.

Jordan Mortimore opened the scoring early, before Sean Flynn and Mortimore again struck. The Saints skipper completed a scintillating hat trick before the break.

Cowbridge regrouped after the interval, but Mortimore added his fourth with Josh Morgan rounding off the scoring for a ruthless St Athan.

St Athan moved the ball quickly right from the kick-off, leaving the away side unable to settle. Moved around into a state of disarray, and conceded a free-kick on the right, Goodwin swung the ball towards the far post, Mortimore flicked on and Morgan was unlucky not to score, firing over the bar.

Saints were soon in front as Joe Laing picked up the ball in the middle of the park and played cleverly to James Austin, who then picked out Mortimore and the skipper hit a low drive into bottom corner.

Sean Flynn was prominent early on, the attacker assured with the ball at his feet and displayed a good range of passing. It was Flynn's doggedness that paid off though as he charged down a goalkeeper clearance for a tap in to double Saints' lead.

With Saints constantly looking to move the ball quickly around the park, Cowbridge players were pulled out of position, and alarm spread.

Goodwin whipped the ball forward only for the centre-half to completely fluff his clearance; Mortimore was onto the error in a flash and buried the ball past the keeper.

Another series of passes carried the ball down Saints' right flank before it was moved to Mortimore. He centred for Morgan who hit a close range effort well saved.

Seconds later, Mortimore found Morgan and his delightful flick put Flynn in on goal but his effort was well saved by the Cowbridge keeper as he did his best to keep the score down.

After just 30 minutes the question was how many goals the Saints would score to secure the points?

Dean Cleave saw a long range effort well saved. Cowbridge rallied and saw a neat passing move comfortably saved by Paul Lucas at his near post.

It wasn't long until it was four. Flynn collected the ball on the right and cut in on a mazy run; he picked out Austin who crossed perfectly for Mortimore to unleash a tremendous volley to secure his hat trick.

Cowbridge were stunned, and the home side were in the mood to be ruthless.

Some of the intensity slipped from Saints' play after the break but they continued to threaten as they looked to manage the game.

The tricks and flicks were eye-catching, but the technique and work rate of midfield pair Laing and Cleave carried great substance.

The back four were tremendous with Deon Garrison expertly marshalling the excellent three of Nicky Cox, Reece Lewis and Courtney Goodwin.

There were only brief flourishes of resistance from the away side as they saw two efforts go wide and Saints eventually added a fifth.

Austin set up his third goal of the evening, his quick free kick well controlled by Mortimore who blasted the ball past the keeper for his fourth of the game.

The Cowbridge players were drained and dispirited, and they had no answer to Goodwin's desire to leave his stamp on the game.

The full-back surged down the flank, and played in the unplayable Flynn who slalomed past two defenders to play in Mortimore.

He showed one way but went the other and delivered a low cross for Morgan to score from close range and finally get his well-deserved goal.

The 6-0 scoreline reflected Saints' dominance, but also their attacking intent.

St Athan: Lucas, Goodwin, R.Lewis, Cox, Garrison, Cleave, Laing, Austin, Flynn, Morgan, Mortimore. Substitutes: Pugh, L.Lewis.

Elsewhere Wenvoe fired a warning shot to the league with massive 12-2 victory over Masons Moving Group, while reigning champions Cardiff Airport dispatched AFC Rhoose 3-1.

Dinas Powys Athletic notched their first win of the season with a 6-2 victory over Barry Athletic and SP Construction fired 6 past FC Barry to no response.

Penarth bounced back from their opening day defeat with a 3-1 win over Island Marine.

CADOXTON BARRY B 2
ST ATHAN B 0

Saints' seconds battled but remain looking for a win after losing away to Cadoxton Barry B.

Saints created plenty of chances and restricted the home side to little but it was the home side who converted and ran out with the three points.

The club thanks the fans who support us in this fresh season and also our host of sponsors. Owens Motor Services in Llandow and much valued support from Llantwit Valet & Car Wash, Green Future Landscaping and The Four Bells Inn, St Athan.

HD

From left to right: Eleanor Thorne, Stephanie Brownbill and Jade Williams.

Local school pupils' showjumping success

THREE Cowbridge comprehensive school pupils won the Hurstpierpoint national junior schools team showjumping championships at the famous All England jumping course, Hickstead on August 6.

They were Eleanor Thorne (13) from Pencoed riding JJ, Jade Williams (14) from Cardiff riding Big Stars Dollar, and Stephanie Brownbill (13) from the Vale riding Ridgend Roberto.

The competition is open to school teams from around the UK and Ireland. The vast majority are private schools where horse riding is part of the curriculum.

The girls had to compete for a top 10 place in a preliminary round against 21 other teams to qualify for the final in the world famous international arena where the Hickstead derby is held.

They came joint third in the preliminary round and everyone was thrilled that the girls would get to ride on that famous hallowed turf.

The girls jumped beautiful rounds in the vast arena and won the team competition much to their surprise.

As Eleanor and Stephanie had jumped clear rounds they had to jump off against all the other competitors who had jumped clear for individual placings.

Both girls jumped very fast clear rounds resulting in Eleanor winning the individual title and Stephanie close behind taking second place.

It is a fantastic result for three friends from a comprehensive school - past winners of this competition have gone on to represent Great Britain in international team competitions. **JT**

Rugby season starts

COWBRIDGE RFC's first league match is at home against Tonyrefail this Saturday, September 5, with the youth playing Rumney in the first round of the Cardiff and District Cup, both games kicking off at 1.30pm.

After the games, the club will show the second half of England v Ireland and then, at 5pm, the Wales v Italy match.

Lots of good rugby to enjoy, we look forward to seeing you there. **RV/RK**

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Brighter Moves ESTATE AGENTS

New homes at The Priory, Llandough

homes4u HOTLINE 01446 709840

Expressions of interest are invited from Homes4U members with a local connection to Llandough (local work, family or life connections).

A local lettings policy applies to this scheme.

United Welsh Housing Association together with The Vale of Glamorgan Council announces the new development of seven properties in Llandough.

The development will consist of:

- two, three–bedroom houses (rent £106.89 plus service charge);
- three, two–bedroom houses (rent £105.26 plus service charge);
- two, one–bedroom flats – one ground floor and one first floor (rent £84.58 including service charge).

For further information and an application pack, contact the Council's Housing Strategy Team on **01446 709237.**

www.valeofglamorgan.gov.uk

housingstrategy@valeofglamorgan.gov.uk

united welsh · VALE of GLAMORGAN BRO MORGANNWG

APPLICATION DEADLINE: 5:00PM 9 September 2015

Vale of Glamorgan Council | Hafod Housing Association | Newydd Housing Association | United Welsh | Wales and West Housing Association

homes4u HOTLINE 01446 709840

To apply call the hotline, e-mail us at
HOMES4U@valeofglamorgan.gov.uk
or apply in writing to:
Vale of Glamorgan Council
Visible Services and Housing
Civic Offices Holton Road, Barry CF63 4RU or
Newydd Housing Association
121 Broad Street, Barry CF62 7AL

CAMMS CORNER, DINAS POWYS

H4U Reference 230538
Suit for a family meeting the max occupancy requirement - no pets
- Two-bedroom flat
- Second floor
- Central heating
- Double-glazing

Rent £94.58 per week including service charges

CASTLE ROAD, RHOOSE

H4U Reference 246848
Suitable for a family meeting the maximum occupancy requirement
- Two-bedroom flat
- Ground floor
- Central heating
- Double-glazing

Rent £89.68 per week including service charges

CRAWSHAY DRIVE, LLANTWIT MAJOR

H4U Reference 251855
Suitable for a single person or couple over 55 with medical needs
- One-bed bungalow
- Central heating
- Double-glazing
- Vale community alarm

Rent £93.10 per week including service charges

DALE COURT, BARRY

H4U Reference 206965
Suitable for a family meeting the maximum occupancy requirement
- Three-bedroom house
- Central heating
- Double-glazing
- Gardens

Rent £104.52 per week including service charges

EDWARD STREET, BARRY

H4U Reference 208834
Suit for a single person or couple – no pets
- One-bedroom flat
- Ground floor
- Central heating
- Double-glazing
- Communal gardens

Rent £82.29 per week including service charges

ELIS FISHER COURT, BARRY

H4U Reference 986768
Suitable for a single person or couple over 55–no pets
- One-bedroom flat
- First floor (lift available)
- Gas central heating
- Double-glazing
- Communal door

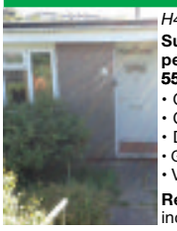
Rent £113.84 pw inc service & water charges

ELM GROVE, BARRY

H4U Reference 209515
Suitable for a single person or couple over 55 with medical needs
- One-bed bungalow
- Central heating
- Double-glazing
- Gardens
- Vale community alarm

Rent £100.54 per week including service charges

GREEN LANE, BARRY



H4U Reference 210564
Suitable for a single person or couple over 55 with medical needs
- One-bed bungalow
- Central heating
- Double-glazing
- Gardens
- Vale community alarm

Rent £100.54 per week including service charges

HILL STREET, BARRY

H4U Reference 211972
Suitable for a single person or couple over 55–no pets
- One-bedroom flat
- Ground floor
- Central heating
- Double-glazing
- Gardens and alarm

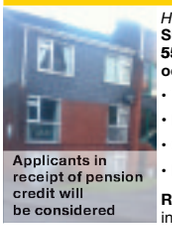
Rent £88.68 per week including water charges

MANORBIER COURT, BARRY

H4U Reference 215497
Suitable for a family meeting the maximum occupancy requirement
- Three-bedroom house
- Central heating
- Double-glazing
- Gardens

Rent £104.68 per week including water charges

NEW HOUSE COURT, BARRY

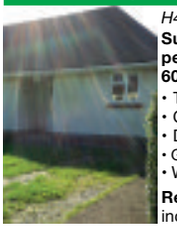


H4U Reference 117516
Suit. for applicants over 55 meeting the maximum occupancy requirement
- Two-bedroom flat
- Lower ground floor (steps)
- Central heating
- Double-glazing

Applicants in receipt of pension credit will be considered

Rent £96.58 per week including service charges

PLAS ESYLLT, DINAS POWYS



H4U Reference 231702
Suitable for a single person or couple over 60 with medical needs
- Two-bed bungalow
- Central heating
- Double-glazing
- Gardens
- Warden and alarm

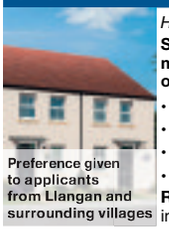
Rent £108.65 per week including service charges

ROMILLY ROAD, RHOOSE

H4U Reference 247622
Suitable for a family meeting the maximum occupancy requirement
- Two-bedroom flat
- Ground floor
- Central heating
- Double-glazing

Rent £89.53 per week including service charges

ST CANNAS GREEN, LLANGAN



H4U Reference 117530
Suitable for a family meeting the maximum occupancy requirement
- Four-bedroom house
- Central heating
- Double-glazing
- Gardens

Preference given to applicants from Llangan and surrounding villages

Rent £115.25 per week including water charges

ST TEILO AVENUE, BARRY

H4U Reference 225351
Suitable for a family meeting the maximum occupancy requirement
- Two-bedroom house
- Central heating
- Double-glazing
- Gardens

Rent £106.32 per week including service charges

STEWART ROAD, RHOOSE

H4U Reference 248054
Suit for a family meeting the max occupancy requirement - no pets
- Two-bedroom flat
- First floor
- Central heating
- Double-glazing

Rent £91.96 per week including service charges

Are you a council tenant who has been affected by the bedroom tax?

Would you like to discuss your options?
If so, call our Money Advice Line on **01446 709312** for constructive, impartial advice.

This number is not a bidding line for properties in this advert.

VERE STREET, BARRY

H4U Reference 1028768
Suitable for a family meeting the maximum occupancy requirement
- Two-bedroom flat
- Ground floor
- Gas central heating
- Double-glazing
- Enclosed rear garden

Rent £79.66 per week including service charge

Visit the HOMES4U web page to view homes available now
valeofglamorgan.gov.uk

You must be a HOMES4U member to apply for any of these homes.
When bidding for more than one property you will be asked to state your order of preference.
All descriptions and other details are given in good faith and are believed to be correct but any potential tenant should satisfy themselves as to their correctness.
Newydd is a charitable housing association.

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174 Holton Road
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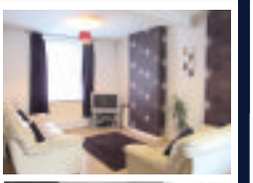
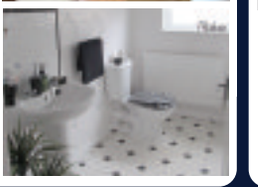
Vale of Glamorgan
CF63 4HN

GROVE ESTATES

NEW

BARRY ROAD, BARRY
- 3 bedroom mid terrace
- Gas central heating & double glazed
- Enclosed garden to the rear
- An ideal family home
- Offered leasehold at £2.25 per annum with no onward chain.

£114,500

NEW PRICE

LLEWELLYN STREET, BARRY
- 2 bed mid terrace property in popular area of Barry
- Within walking distance to local schools & shops
- Well presented throughout
- Courtyard garden to the rear
- Offered freehold & would make an ideal 1st purchase

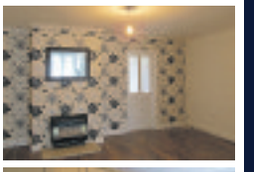
£89,500

BEATRICE ROAD, BARRY
- 3 bedroom bay fronted Victorian property
- Walking distance to town centre
- Well presented throughout
- Front & rear gardens
- Situated in quiet no through road
- Ideal 1st purchase or family home
- Conveniently located close to transport links in & out of Barry

£119,950

LYDSTEP ROAD, BARRY
- An three bedroom semi detached property with single garage & driveway
- Gas central heating & double glazed
- Enclosed gardens to front & rear
- Potential to buy fully/part furnished if desired
- Offered freehold with no onward chain

£124,000



DYFNALLT ROAD, BARRY
- An extended two bedroom mid link property
- Gas central heating & double glazed
- Gardens to the front & rear
- Recently re-decorated throughout
- Offered freehold with vacant possession & no chain

£105,000

RENTALS

Arthur Street, Barry
2 bedroom end link. GCH. DG. Unfurnished. £575pcm.

Courtenay Road (GFF), Barry
1 bedroom ground floor flat. GCH. DG. Unfurnished. £450pcm.

Merthyr Street, Barry
3 bed mid terrace. GCH. DG. Unfurnished. £550PCM

Milton Road, Barry
3 bed semi detached. GCH. DG. Unfurnished. £550PCM

Holton Road, Barry
Commercial retail unit. Approx 854 sq ft. Unfurnished. £18,000pa.

St Aidens Rise, Barry
2 bedroom semi detached with gardens. GCH. DG. Unfurnished. £550pcm.

Main Street, Barry
1 bedroom ground floor flat. GCH. DG. Unfurnished. £450pcm.

Heol Cilfrydd, Barry
2 bed 2nd floor apartment with en-suite. DG. Unfurnished. £550PCM.

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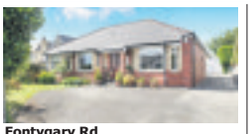
allen & harris

Barry **01446 747878** | **21 High Street, Barry** CF62 7EA

Porthkerry Road
Barry £165,000
£1000 buyer's incentive available on this property (subject to terms and conditions)
No chain. Traditional Terraced.
Three Bedrooms
Shower Room and Bathroom
Two Reception Rooms



Fontygary Rd
Rhoose £318,000
Beautifully presented dormer bungalow.
Superb landscaped rear gardens.
Three double bedrooms.
Three receptions.
Bathroom & shower room.
22 foot kitchen/dining room.
Driveway and garage.

Kingsland Crescent
Barry £260,000
Superb Investment
Minimum 8% Return!
Converted Townhouse
Three One Bed Flats
One Bed Maisonette
Est. rentals £400-£525pcm. Freehold

NEW PRICE

Hardy Close
Barry £154,950
Detached house rarely available
Two double bedrooms
Living/dining room
Kitchen, Shower room
Garden & garage
No chain

NEW PRICE

Newland St
Barry £169,950
Town centre location
Three storey house
Double bay fronted
Kitchen/breakfast room
Five piece bathroom
South west facing garden

Wenvoe Terrace
Barry £175,000
Semi Detached Family Home
Two Reception Rooms
4 Bedrooms
Great Location
Stunning Views

Kingsland Crescent
Barry £79,950
Maisonette With Garden
Great FTB or Investment
Living Room
Double Bedroom
Kitchen, Shower Room
NO CHAIN

NEW PRICE

Richard Street
Barry £102,000
Mid terrace house.
Town centre location
Two double bedrooms
Living/dining room
South facing garden
Good FTB or BTL. No chain.

NEW PRICE

Brook Street
Barry £120,000
Stone fronted house
Town Centre location
21 foot living room
Fitted kitchen
Ground floor bathroom
Garden with sunny aspect
No chain

NEW PRICE

Aeron Close
Barry £115,000
Mid terrace house
Cul-de-sac location
Three bedrooms
Living room
Kitchen/diner
Cloakroom, Rear garden

Shakespeare Avenue
Barry £110,000
Semi detached house
Living room
Dining/sitting room
Three bedrooms
Kitchen/breakfast room
Front & rear gardens, No chain

Merthyr Street
Barry £120,000
Immaculately presented
Mid terrace house
22 Foot lounge/dining
Loft room
Fitted kitchen, Brand new boiler
Master bed with study room

Cornwall Rise
Barry £115,000
Perfect starter home
Two bedrooms
End of terrace
Good sized garden
Raised decked area
Living room
No chain

Station Street
Barry £120,000
Recently Decorated
Three Bedrooms
Lounge/dining
New Kitchen
Easy Maintainable gardens

Sea Point
Barry £119,950
Stunning views over the Knap
Two bedroom apartment
Sought after development
22 foot lounge & balcony
Kitchen & bathroom
Garage & parking
No chain

NEW

Castleland St
Barry £130,000
Sought after street
Bay fronted house
Through lounge
Three double bedrooms
Close to amenities
No chain

NEW

Rhodfa Sweldon
Barry £210,000
LAUNCH SAT 5TH SEPT
Detached house
Three bedrooms
Bespoke kitchen
Full width conservatory
Garage & driveway

NEW

Queen Street
Barry £130,000
Stone fronted terrace
24' living/dining room
Two double bedrooms
Utility room
Loft room
No chain

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Queen Street, Barry
2 Double Bedrooms
Modern Kitchen and Bathroom
West End Location; No Chain
£122,500 D64

Llanmead Gardens, Rhoose
4 Bedrooms; 2 Receptions
Immaculate Order Throughout
Super Sunny Level Rear Garden
£224,950 tbc

Heol Pearetree, Rhoose Point
5 Bedrooms; 3 Receptions
Large Kitchen/Family Room
Hot Tub; Very Spacious Throughout
£385,000 C70

Chris Davies

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Llantwit Major 01446 792020
Barry 01446 700007
sales@chris-davies.co.uk

Collard Crescent, Barry
3 Bedrooms
2 Receps with Parquet Floor
Garage & Pleasant Gardens
£127,500 D57

Porthkerry Road, Barry
3 Double Bedrooms
West End Location/Sea Views
Gas CH and UPVC DG
£140,000 D51

Denbigh Way, Barry
3 Bedrooms; 2 Receptions
Conservatory; Lawned Gardens
Garage
£149,950 D68

Porthkerry Road, Barry
3 Double Bedrooms
Extensive Plot - 140' Rear Garden
2 Receptions & Kitchen/Dining Room
£174,950 D58

Plymouth Road, Barry Island
11 Bedrooms/3 Receptions
Rear Parking Facilities
Licensed HMO Currently
£229,950 C70

Afal Sur, Barry
4/5 Bedrooms; 2/3 Receptions
Suit Three Generations
Family Gardens; Sea Views
£309,950 C72

Meadowcroft, Rhoose
Studio Apartment
Allocated Parking
Ideal 1st Buy or Buy To Let
£59,950 E42

Havant Close, Rhoose
First Floor Flat
2 Double Bedrooms
Communal Parking & Gardens
£95,000 B81

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Pleasant Order and No Chain
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Havant Close, Rhoose
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Spacious Ground Floor Flat
Lovely Order And No Chain
£99,950 D66

The Wheate Close, Rhoose
2 Bedrooms - Both With Wardrobes
Enclosed 40' Rear Garden
Excellent Order Throughout
£122,950 C78

Murlande Way, Rhoose
4 Bedrooms
3 Receps & Conservatory
Adjoining Fields & Sea Views
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Amazing value £36,500
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Paul on 0800 135 7503 or email spain@chris-davies.co.uk

Heol Pilipala, Rhoose Point
4 Bedrooms & 3 Receptions
Large Conservatory Extension
En-Suite & Family Bathroom
£209,950 C73

Murlande Way, Rhoose
4 Bedrooms/3 Receptions
Conservatory/Good Parking
Sea Views/Family Gardens
£224,950 D68

Station Terrace, East Aberthaw
3 Bedrooms/2 Receptions
Outstanding Potential To Develop
Large Plot; uPVC; Drive & Garage
£295,000 F29

Lets!

Cei Dafydd, Barry
1 Double Bedroom
Lounge/Balcony/Water View
Kitchen With
Appliances/Parking
B81. Band C. £525 PCM

Magpie Road, St Athan
Two Bedrooms
Modern Kitchen Diner
Driveway for Several Vehicles
£550 PCM. E52. Band C

Y Rhodfa, Barry
Two Bedrooms. En Suite
Fitted Kitchen with Hob
£595 PCM. B82. Band E

Meadowcroft, Rhoose
Unfurnished. Two Bedrooms
Driveway
£625 PCM. D67. Band C

Cei Dafydd, Barry
Upper Floor Apartment,
Two Bedrooms
Two Bathroom
£650 PCM. C77. Band E

Willowbrook Gardens, St Mellons, Cardiff
Two Bedrooms. En Suite
Off Road Parking
£675 PCM. C80. Band D

Cilgant Y Meillion, Rhoose Point
Four Double Bedrooms
Three Bathrooms
Conservatory
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Monthly Rental Of £1,050

Ceri Avenue, Rhoose
Four Bedrooms,
Three Bathrooms,
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£1,300 PCM. Band E

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Dave: 07890 712578

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cowbridge-today.co.uk
llantwit-major-today.co.uk
porthcawl-today.co.uk
bridgend-today.co.uk

Situations Vacant

Due to expansion
Cherish Cymru
requires **Home Care Workers**
to cover Barry, Cowbridge & Llantwit Major.
Own transport essential. Full time availability required. Hours ranging from 7am to 11pm.
Contact Robin Kiff on ***01446 772904***
or cherishcymru@hotmail.co.uk

Personal Assistant(s) Wanted
A disabled lady in the Cowbridge area offering a part time job for 8-10 hours per week.
The purpose of the job is to support with all aspects of daily living.
£8.50 per hour. Casual hours/cover also available.
Closing date 19th September 2015.
For further details please contact:
Dewis Centre for Independent Living (01443) 827930.
Quote ref: VOG014 *(Charity No. 1098229)*

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- Any condition!
- Confidential!

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Two Bedroom Flat BARRY
£130 pw
Bond required.
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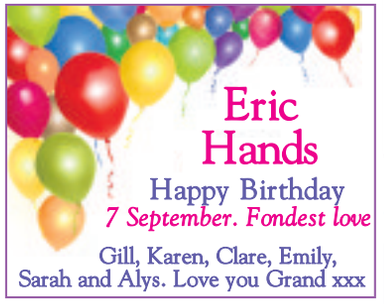
Birthdays

Happy 1st Birthday
to our beautiful
Imogen
6th September.
Hope you have an amazing day.
Lots of love Mummy, Daddy,
Spencer & Joel xxxxx

Happy 1st Birthday
to our beautiful granddaughter Imogen Violet Ruiz
6 September 2015

with loads of love, hugs and kisses,
Grandma and Gramgy xxx



Happy Birthday

Michelle Rowland
40
on 10th September

Megan Evans
18
on 8th September

with love
from us all xxx

Family Notices

JOHN
Patricia Ivy (Pat)

On Monday August 24, Pat passed away peacefully at UHW in the presence of her loving family, aged 84 years. Dearly loved and cherished mum of Paul and Jonathan, mother-in-law to Julie and Georgina, loving nanny Pat to James and Katie.

Pat was loved and respected by so many and she will be sadly missed by everyone.

The funeral service will be held at The Briwnant Chapel, Thornhill Crematorium on Friday, September 4 at 12.45pm. No flowers by request, but donations in lieu, if desired, would be appreciated for MIND via www.greenwillowfunerals.com (donations) or direct to the charity.

Any enquiries to Green Willow Funerals, 31-33 St Isan Road, Heath, Cardiff CF14 4LU. Tel 029 20755 555.

BORGE
Sheila Mary

On August 24, Sheila, aged 87 years, passed away peacefully in the presence of her daughter Linda and granddaughter Kylie.

A much loved mum, nan and beloved wife of the late Lawrence, now at peace together. Sheila will be greatly missed and forever in the hearts and thoughts of all who loved and cherished her.

Resting at A.G. Adams & Son, until being received into St Helens Roman Catholic Church on Monday, September 7 at 6pm. Requiem Mass to take place on Tuesday September 8 at 11am, followed by interment at Barry Cemetery. Flowers may be sent to the funeral home.

COLEMAN
John

Of the Blue Anchor Inn, East Aberthaw, much loved husband, father and grandfather passed away peacefully on August 26.

Funeral to take place at St Mary's Church Penmark on Tuesday, September 8 at 10.45am, followed by Cremation at Cardiff & Glamorgan Crematorium, Barry at 12 noon. Floral tributes, if desired, can be sent to W James & Sons, Funeral Directors, Fonmon.

LAWDAY
Jeffrey Paul

Taken after a short illness on 23rd August. Devoted grandad, dad and brother. He will be sadly missed by family and friends.

Funeral at Barry Crematorium on Monday 7th September at 2pm.

Congratulations

CONGRATULATIONS
Olivia Miles
and good luck at Trinity Laban, London
Love Mum, Dad, Grant, Nan and all the family xxx
(Bamps would be very proud!)

Pets

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Oriental Lilac Kittens
from pure oriental breeding lines.
Playful, friendly.
Champion parents.
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Free insurance.
5 generation pedigree.
Vet checked. ***£450.***
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for friendly, helpful advice.
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Welcome Home

Joseff Evans
would like to say
'Welcome Home Snowball,
I missed you so much'.

Public Notice

LICENSING ACT 2003 Section 17 (5)
Notice of Application to Vary a Premises Licence

NOTICE IS GIVEN THAT
An application has been made to Bridgend County Borough Council (the Licensing Authority) for a
PREMISES LICENCE
To permit licensable activities which it is proposed will be carried on, on or from the premises shown below.

Details of the application may be inspected between the hours of: Monday to Thursday 0830 to 1700 hours and Friday 0830 to 1630 hours at Civic Offices, Angel Street, Bridgend, CF31 4WB or by visiting the authority's website: www.bridgend.gov.uk.

Any responsible authority or any other person may make representations in respect of the application, which must be submitted, in writing, to the following address before the date shown below:-

Licensing Section,Bridgend County Borough Council, Civic Offices, Angel Street, Bridgend, CF31 4WB

NAME OF APPLICANT:
Porthcawl Butchers LTD

NAME AND POSTAL ADDRESS OF THE PREMISES:
Porthcawl Butchers
104 John Street
Porthcawl CF36 3DT

STATEMENT OF INTENDED LICENSABLE ACTIVITIES: (1)
Supply of alcohol: Monday to Wednesday & Friday & Saturday 07:30-18:30 Hours Thursday 07:30-19:30 Hours Sunday 09:00-17:00 Hours Christmas period – shop will be open until 19:30 Hours, throughout the week prior to Christmas.

DATE BY WHICH REPRESENTATIONS MUST BE MADE:
24th September 2015

This notice remains in force from and including the day after the giving of this notice to the licensing authority, namely 27th August 2015, for 28 consecutive days.

It is an offence knowingly or recklessly to make a false statement in connection with an application. The maximum fine on summary conviction is £5,000.

(1) This must include details of activities, type of entertainment and appropriate days and times.

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Diesel.
Company car forces sale.
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07977 328609 28

07 Plate
Chevrolet Tacuma
66,00 miles, MOT, February 2016. FSH.
£900 ono
01446 750793 36

The Glamorgan GEM
Newmarket Holidays

Emmerdale Tour
Not-to-be-missed break
2 days from £145.00, 24 Apr, 19 Jun, 21 Aug & 16 Oct 2016
Open for just 12-days this year and only accessible to those travelling by coach, this is a unique opportunity to be one of the first to take a guided tour to see the outdoor filming set of ITV's hugely popular Emmerdale.

Highlights & inclusions
- A visit to the Emmerdale filming set on the Harewood Estate with a 90 minute guided walking tour
- A visit to Esholt – the original 'Emmerdale village' including a stop at the 'Woolpack.'
- A visit to Saltaire Village and the Salts Mill
- One nights' dinner, bed & English breakfast accommodation in a three-star hotel
- Coach travel from the local area
- Escorted by a friendly tour manager

Access to the live outdoor Emmerdale filming site is subject to planning permission. Emmerdale TM & © ITV Studios Ltd 2015. Licensed ITV Broadcasting Limited. All rights reserved.

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Visit **www.newmarket.travel/glg18842**
These holidays are organised & operated by Newmarket Promotions Ltd. ABTA V787X. Subject to availability. Single supplements apply. Standard phone charges.
ABTA Travel with confidence

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ADVERTISE HERE £12 inc. VAT - box for 2 weeks. To take advantage of this offer simply either send in your description along with a cheque for the appropriate amount made payable to 'The Glamorgan GEM' at The GEM, Graig House, 53 Eastgate, Cowbridge CF71 7EL or telephone us with your wording by 12 noon Tuesday. All major credit cards accepted. Tel 01446 774484. Advert must contain a residential land line telephone number. You may alter your advert as items are sold. **Sorry no refunds are given.**

DFS 7ft Settee
Splits in two, suede leather, 2 electrical recliners. Colour is coffee/cream. Like brand new. Bought for £850.
Selling for £375 ono
07970 857412
(Pontyclun) 35

Disabled 4 wheel walker
Brakes on handles, seat, bag for shopping, folds up, brand new. Original price £105
Asking £65
02920 701048 35

- Laura Ashley cream, triple mirror **£75**
- Chinese dragon centre rug 10"x6" **£75**
- 1920 oak dressing table, 4 drawers **£150**
- Handmade, pine - monk's seat **£50**

01656 789096 36

Glass Display Cabinet
Glass doors, glass shelves.
29"W, 13"D, 71"H
£75 ono
02920 512 821 36

M&S Red Leather Sofa
Immaculate condition
£150
01446 701865 36

11x1 Ladder and platform **£35**
32" LG LCD TV **£70**
Black & decker Quattro Hammer Drill, 570 watts **£15**
01446 401252 35

Glazed ceramic floor tiles
(Click together)
36 Boxes, 18m², stone grey.
£180 ono
01446 744474 35

- **Vienna electrical wheelchair.** New batteries, new charger. Excellent condition - not used. **£275**
- **Flueless gas fire coal effect.** New, unused. Bought for £400, **selling for £50**

01656 719350 36

- **Beautiful glass top dining table.** The glass top has a unique scalloped edge. The table measures 152cmx92cm and has a beige/gold metal frame. Six matching chairs upholstered in an ivory cream material. In very good condition. **£70 ono**
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Length 6ft, width 3ft 5", height 3ft. New jockey wheel, new tyre, new bearings, new seals - prefectly dry. All aluminium. **£700 ono**
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Worth £4000
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Penarth Open attracts a strong field

Under-16 girls' singles, Elinor Beazley and Ellis Cochlin.

18 and under boys' and girls' doubles.

Under-10 boys' singles, Hugo Hunt and Zac Essenhigh.

Women's singles, Kimberley Mpukusa and Lowri James.

Men's singles, Noah Pring and Richard Hinchly-Price.

BETWEEN Monday and Saturday, August 3 – 8, Penarth Lawn Tennis Club on Rectory Road played host to some of the best up and coming tennis players from Wales and around the UK.

A total of 233 players entered the Penarth Open Tournament, a grade three ranking event, organised by the Vale Tennis Academy.

Players entered from all over the UK including Wrexham, Penzance, London and Lincoln. The tournament even received entries from one player in Ireland and one from Jamaica!

The director of Vale Tennis Academy, Rob Cunningham said: "We consider ourselves very lucky – in only our second year – to have received a number of entries from top ranked players within the UK.

"Not only has this been a great showcase for the club but also a huge inspiration to our developing players to have the opportunity to compete alongside such a talented group of individuals.

"We hope to build upon the success of this year and provide an even better tournament for all next year".

Local players from the Vale of Glamorgan should also be commended, with special mention to the under-10s; Zac from Windsor LTC runners-up 10 and under, boys; Archie from Dinas Powys LTC runner-up in eight and under boys; Orla from Penarth LTC runner-up in eight and under girls, and Grace from Barry CTC, winner in the eight and under girls.

This year's winners and runners-up were:

Quorn Family Tennis Cup, 1 Hugo Cochlin + Lee Cochlin, Cardiff Lawn Tennis Club; 2 Joseff Williams + Morgan Williams, Windsor LTC, Penarth.

Open Women's Doubles, 1 Seren Marsh + Grace Samuel, Windsor LTC, Penarth; 2 Chloe Parselle + Alys Cunningham, Penarth LTC.

Open Men's Doubles, 1 Leighton Davies + Jason Richards, Whitchurch LTC/Windsor LTC, Penarth; 2 Thomas Bellingham + Morgan Williams Windsor LTC, Penarth.

Open Women's Singles, 1 Kimberley Mpukusa; 2 Lowri James, Cardiff Lawn Tennis Club.

Open Men's Singles, 1 Noah Pring, David Lloyd Club Bristol; 2 Richard Hinchly-Price, Cardiff Lawn Tennis Club.

18U Girl's Doubles, 1 Elinor Beazley + Kimberley Mpukusa, Haverfordwest LTC; 2 Olivia Chivers + Alex Oelmann, David Lloyd Club Cardiff.

18U Boy's Doubles, 1 Thomas Davies + Nathaniel Walker, Usk Tennis Club/Allt Yr Yn LTC; 2 Saif Ali + Daniel Dean, David Lloyd Club Cardiff/Halton Tennis Centre.

18U Girl's Singles, 1 Ellis Cochlin, Cardiff Lawn Tennis Club; 2 Alex Oelmann, David Lloyd Club Cardiff.

18U Boy's Singles, 1 Noah Pring, David Lloyd Club Bristol; 2 Daniel Dean, Halton Tennis Centre.

16U Girl's Singles, 1 Elinor Beazley Haverfordwest LTC; 2 Ellis Cochlin,Cardiff Lawn Tennis Club.

16U Boy's Singles, 1 Daniel Dean, Halton Tennis Centre; 2, Cameron Chandler, Coombe Dingle Tennis Club.

14U Girl's Doubles, 1 Alice Findlay + Tegan Heaton, East Gloucestershire Club/Ribble Valley Tennis Centre; 2 Elysia Beynon + Megan Rundle, Swansea Tennis and Squash Club/Avenue Lawn Tennis Club (BURNHAM ON SEA) Limited.

14U Boy's Doubles, 1 Daniel Dean + Henry Muxworthy Halton Tennis Centre/Swansea Tennis and Squash Club; 2 Harrison Birch + Jack Pinnington Jones, Endon Tennis Club/Tunbridge Wells Sport Centre.

14U Girl's Singles, 1 Alice Findlay, East Gloucestershire Club; 2 Megan Rundle Avenue Lawn Tennis Club (BURNHAM ON SEA) Limited.

14U Boy's Singles, 1 Jack Pinnington Jones, Tunbridge Wells Sport Centre; 2 Shay Ryan, Cwmbran LTC.

12U Girl's Singles, 1 Ellen Jones, Next Generation Club Kembrey Park; 2 Thea Sprawson, All Hallows Tennis Academy.

12U Boy's Singles, 1 Hugo Cochlin, Cardiff Lawn Tennis Club; 2 Shay Ryan, Cwmbran LTC.

10U Girl's Singles, 1 Amelia Pirt, Next Generation Club Kembrey Park; 2 Rhea Makesar, Swansea Tennis Centre.

10U Boy's Singles, 1 Hugo Hunt, Rustons Tennis Club; 2 Zac Essenhigh, Windsor LTC, Penarth.

9U Boy's Singles, 1 Rhydian Z Jones, Carmarthen TC; 2 William Vaughan, Swansea Tennis Centre.

8U Girl's Singles, 1 Grace Mickelsen, Barry Community Tennis Club; 2 Orla Oswin-Heritage, Penarth LTC.

8U Boy's Singles, 1 Oliver Page, Swansea Tennis Centre; 2 Archie Gray, Dinas Powys LTC.

VTA would like to thank Penarth LTC and all its members for helping make the event possible. Special thanks to our local sponsors: ACJ Sales & Lettings, Curo Advisers, SR Motors, GM2 and CELF Creative.

Millwood bowling round-up

MILLWOOD 'A' entertained Division 7 champions Splott Phoenix at their green on Saturday and handed out their only defeat in the division games this season!

Quite a turn up for Splott to lose, but all credit to Millwood 'A' for sticking to the task of playing bowls with the intention of winning every game if at all possible.

When five ends had been played Splott had taken a commanding 18 shot lead at 12-30, looking rather ominous for Millwood, but at the 10th end Millwood 'A' had reversed the lead to have a five shot margin at 42-37 - was the game about to change for the better for Millwood?

At the 15th end, Millwood had slightly increased their lead to a seven shot margin at 61-54, but in the final quarter Millwood finally showed a bit of true class to swamp Splott by taking the game and winning by a 29 shot margin at 96-67. Although Millwood 'A' took a very impressive 12 points to 2 from this win, the result did not affect the promotion standings.

Credit must go Jim Butler and Tony Williams' rinks for a 26 shot and 16 shot win respectively.

Well done Millwood 'A' side, roll on next season!

Millwood travelled up to Pontypridd for this final Division 4 game, which was put back 24 hours due to the opening of Pontypridd Lido, knowing that as Millwood were lying top of the division, and just a solitary point would be sure of promotion - but things don't always go according to plan!

Ynysngharad started to wreck plans after the fifth end when they took 17 shot lead at 24-7, to which Millwood then started to get their act together for after the 10th end the score had been reduced to only a six shot margin for Ynysngharad to lead at 37-31.

Breaking for tea after the 10th end, when the teams came back onto the green, so did the threatened rain. This must have been part of Ynysngharad's plan to spoil Millwood's party, for at the 15th end Ynysngharad took a massive 68-40 lead.

Could Millwood pull off an win from this situation? As much as they tried, the game swung away from Millwood, and at the final end the score was a very disappointing 58-91 defeat for Millwood.

Not a single point was saved by Millwood, meaning that we ended up third in the table with Ynysngharad (first) and Gelligaled (second), with the latter going up because of a better shot difference than Millwood.

To say that Millwood were disappointed would be an understatement, but if you don't win then you don't get the points.

We must try a lot harder next season to instill the killer instinct right from the start if we are to go anywhere.

Thanks to all Millwood player from both teams for taking part in all the games this season.

JH

Hugh is the big prize winner at farmer's golf society meeting

Winners Aubrey Bowen and Bryan Owen with sponsor Mr Anthony Brown.

RETIRED schoolteacher Hugh Williams is certainly making the most of his well earned time away from teaching by devoting as much time as possible to golf, and often returning home with a prize or two.

Following his participation as a guest at last week's monthly meeting of the Glamorgan Farmers' Golf Society at Creigiau Golf Club, Hugh, a well-respected member of RAF St Athan Golf Club, returned home with four prizes.

In addition to hitting the longest drive on the selected hole and being nearest the pin on one of the par three holes Hugh finished third in the section for guests, scoring 28 stableford points.

The day's generous sponsor, Anthony Brown, who scored 33 points, won the section for guests with Geoff Mitchell (30) finishing runner up.

To round off a perfect day, Hugh was also successful in guessing that 66 balls would fail to return home to collect the Premier Turf-sponsored bottle of whiskey, which raised £80 for the Llantwit Major Lifeguards' fund.

Highest score of the day was returned by Aubrey Bowen with 39 points to easily win the members section ahead of runner up Bryan Owen, who scored 32. Glyn Watts-Jones finished third, with 30 points just ahead of Coun Ray Thomas also with 30.

Other prizewinners for nearest the pin on the par three holes were John Caines, Godfrey Lewis and Bob Glover.

The society were pleased to welcome to the excellent evening meal, served at the golf club, Mr Gino Cocco now enjoying honorary membership status and who was successful in this competition back in 1991 when scoring a remarkable 42 points.

The next meeting of the society is scheduled for Thursday, September 24, when members will assemble at Morlais Castle Golf Club to compete for the Arthur John & Co Trophy.

T McC

League titles on the horizon for Romilly bowls teams...

ROMILLY Bowls Club are on the verge of winning two league titles with the 'A' team already promoted from the Fifth Division as league champions.

Also, the club side are almost there, requiring a full points win against Caerphilly at home this Saturday to guarantee them the title. With second placed St Joseph's losing at Ferndale 12 – 2 putting them out of the race, it is now left to Troedyrhiw who are 15 points behind but still have a game in hand to upset Romilly's dreams.

After a setback against Troedyrhiw in their last game Romilly were eager to get their title ambitions back on track.

Gelli Park have always been a dangerous side to play against as they have the potential in their side to cause an upset or at least take some points off you.

On Saturday Gelli were late arriving at Romilly Park due to the unavailability of some players which included their star man Spencer Wiltshire and had to play one rink as a triple.

Romilly were keen to get the game started and obtain an advantage while the visitors were trying to settle and over the first five ends Romilly duly took full advantage, going into a 12 shot lead.

As the game progressed the 'Rom' surged further ahead, leading by 27 shots at the end of the 10th with all rinks ahead. Even at the halfway stage Romilly were in a comfortable position and were confident they would win the match but were mindful that they required a win on all rinks to gain maximum points.

By the 15th end all rinks were still ahead especially the rink of Jeff Wright who were playing against the triple and leading by 20 shots, 28 – 8.

Over the final six ends the Romilly players were in no mood to take their feet off the gas and continued to outbowl their opponents for a resounding win by 74 shots, 121 – 47, taking the 14 points as required.

ROMILLY 'A' V ST JOSEPH'S 'A'

Romilly 'A' travelled to Birchgrove in Cardiff to play St Joseph's 'A' already promoted, but requiring just one point to go up as champions.

Although St Joseph's were at the wrong end of the table they are always fighters therefore the 'Rom' could not afford to rest on their laurels.

The home team gained the early initiative taking an eight shot advantage over the first five ends but the 'Rom' weren't too concerned as they only needed that one rink to win or draw.

As the game continued Romilly were struggling on all rinks with only the rink of Andrew Hacher drawing 8 – 8, while the other three rinks were slightly behind approaching the 11th end.

By the 15th end Romilly had turned the tables and the rinks of Roger and Howard Jones were now leading by three shots and one shot respectively but Hacher's rink had fallen four behind, while Tony Freeman's rink were 11 down against the home rink skipped by Brian O'Keefe, who was in superb form.

Romilly, although behind overall at the start of the 16th end, 45 – 54, were now a little concerned as they still needed those couple of points and with Freeman's rink well down all the other rinks were too close to call.

The Romilly were players were not playing with their normal confidence and it appeared the pressure of winning the league had got to them as over the last six ends.

Freeman's rink continued to struggle, finally losing by 17 shots. The other rinks remained tight affairs with Howard Jones and Hacher's rinks having titanic battles but finally succumbing by two shots and one shot respectively.

With Romilly still short of the points required for the league title it looked as if they would have to rely on scores elsewhere but the experienced rink of Jeff Coles, Bryn Gough, Paul Williams and Roger Jones won the day, winning the last four ends and gaining the two points required to give Romilly their first league title.

The overall result was a 12 shot defeat, 64 – 76, with Romilly getting those vital two points to the 'Joes' 12 points.

FP

Four days that will define Wales are ahead... can they cement their place at the Euros?

TONIGHT (Thursday) sees the start of four days that could be the defining period of Chris Coleman's reign as Wales manager, as his men take on Cyprus in Nicosia before facing Israel on home soil on Sunday.

Wins in both of these games will almost certainly assure Wales of a place in the Euro 2016 finals in France next summer, as Wales' 'golden generation' banish the tournament hoodoo that has so bedevilled us since 1958.

The Euros are so close that Gareth Bale, Ashley Williams *et al* can taste it, but the tricky away tie in Nicosia means that more hard work needs to be done before this squad can bask in the glory of success.

The Cypriots proved a tricky team to break down in the previous encounter last October, which saw Wales edge them 2-1, albeit with 10 men after Andy King's sending off.

With their own qualification hopes alive, Wales will need to battle through this tough encounter, with the 'X Factor' of Bale and Aaron Ramsey hopefully proving the difference.

A win would be the perfect filip for the team before another tricky encounter with an Israel side also not out of the hunt for qualification.

However, with a sold-out Cardiff City Stadium cheering on the team, hopes are high that come the final whistle Sunday, Wales will be on the precipice of a trip to France next summer, if not booking their accommodation!

So far in this qualification group the team has managed to slip under the radar somewhat; however, that impressive June win over Belgium has firmly positioned Wales as a team to beat, and one that both Cyprus and Israel will want to beat to keep Group B alive.

If Wales can handle the tag of 'favourites' (and with level-headed Coleman at the helm then there's no reason to feel they can't) then history will definitely be made – come on Wales!

GARETH JAMIESON

The Barry Athletic FC round-up

THIS evening game, played at Pencoedtre between Barry Athletic B and Master Mariner, was over within 15 minutes as Athletic came out of the blocks like a tornado!

Goals from Danny Morgan, Isaac Farrag and Spencer Price had the Athletic 3-0 up. In all fairness to Mariner they regrouped and made a game of it by slowly working their way back into the game.

Mariner grabbed a goal in the second half but the youthful Athletic dominated much of the play. To round off a great evening Ben Graham fired a 25 yard free kick into the top corner leaving the keeper stranded, the final score 4-1.

DOCKERS REUNITED 2 BARRY ATHLETIC B 7

Athletic's young side were sure to be given a strong test from the experienced Dockers team but were soon dominating the game and making Dockers work hard for everything.

Spencer Price turned two defenders the wrong way and drove shot past the keeper from the edge of the box. Shortly after a mazy run from Ben Graham saw him beat the keeper from a tight angle to make it 2-0.

Price grabbed another just before halftime to put the Athletic in full control of the game.

At the restart it was Price again that made it 4-0 by completing his hat-trick and his fifth of the season in three games. A rare mistake from Athletic keeper Jack Smith saw Steve Coxon lob him from 25 yards.

Ryan Hales then scored a thunderbolt for the Athletic before captain Kyle Ceesay put the Athletic 6-1 up. Dockers kept going and managed to bag another with a fine long distance strike giving Smith no chance in goal.

Billy Gratton finished things off, showing great composure, slotting past the oncoming keeper to finish the game at 7-2.

DINAS POWIS ATHLETIC 6 BARRY ATHLETIC A 2

After a good start against Cowbridge, Barry Athletic went into this game full of confidence.

This was soon gone as the young Dinas side ripped them apart scoring five goals without reply in the first half. Manager David Govier rallied his troops at halftime and Jay Hammill grabbed two consolation goals.

Dinas did get another in the half to finish the match 6-2. Positives have to be taken from the second half display with the team showing great character.

Barry Athletic return to their home ground after the cricket season on Saturday, September 26. The club will play Splott Cons Old Boys in the first round of the South Wales Intermediate Cup at Athletic Ground, Barry Island; kick off is at 2pm and the bar will be open before and after the game. Matchday programmes will be available, all welcome.

The senior section would like to wish the very best of luck to its two junior teams who start their season this Saturday. The under-15s travel to Llantwit Major and a new addition to the Athletic family, the under-13s, play Sully.

AG

Bank holiday congress for local chess players

OVER the bank holiday weekend was the final congress of the summer, the South Wales Summer Congress, which also incorporated the first South Wales senior congress.

The event took place in Newport with six rounds being played over four days. Four players, past and present, from the Barry Chess Club took part. Ex-chairman Lee Davis, ex-player Bill Hewitt and returning graduate Sam Jukes all played in the open competition and they were joined by Stephen Bonutto in the minor section. None of our more mature players decided to enter the seniors tournament.

All four of our players were doing well, picking up ratings points during the first three rounds.

In round one Lee Davis defeated Sam Jukes. This was to be our only defeat in the first three rounds.

Lee then defeated Penarth player Karanvir Lutchman-Singh and then drew with Bill Hewitt.

For his part Bill had already won his first two games against Guy Wagner and Roy Thomas. Both players picked up only a couple of ratings points as they were expected to achieve these results.

After starting with a defeat, Sam then managed a draw against Chris Dixon, rated 1878, and then picked up an excellent win against Louis Joualt, rated 1921; Sam was therefore doing better than expected and picking up quite a few ratings points.

Stephen Bonutto also started the tournament with a win against Aishwarya Lutchman-Singh, and then taking draws with Raymond Francis and Susanna Fraser.

All three of these opponents were ranked at least 300 points above Stephen. If he can continue in this vein during the rest of the tournament he could be in line for a grading trophy and could well find himself moving substantially higher in the Barry Chess Club ranking.

The Barry Chess Club meets at 7.30pm each Monday at the West End Club. St. Nicholas Road, Barry, CF62 6QY. The club is open to players of all standards; whether you are interested in playing competitive chess or just the occasional friendly games.

New players are very welcome to just turn up on the night but if you contact one of the club members through the website we can explain what is happening on the night you have in mind, and arrange for someone to greet you on your arrival.

For more details visit our website at http://barrychessclub.yolasite.com.

PHIL JONES

We welcome your reports - email us at: *gemeditorial@tindlenews.co.uk*

Penllyn bridge club results

THURSDAY, August 6 (11 pairs):

1st Keith Davies & Allan Evans 65%, 2nd John Hunter & Barbara Easterbrook 61.88%, 3rd Chris Impey & John Lord 60%. Thursday, August 13 (22 pairs): 1st Jo Ilsley & John Lord 59.09%, joint 2nd Cath Domican & John Hunter and Keith Davies & Allan Evans 57.73%.

Thursday, August 20 (21 pairs): 1st Judith & Colin Nunn 67.5%, 2nd Dorothy Wiliams & Pam Hanmer 58.89%, 3rd Marian East & Barbara Easterbrook 58.59%. Thursday, August 27 (22 pairs, Robert Brown Cup): 1st Judith & Colin Nunn 67.27%, 2nd Dorothy Williams & Pam Hanmer 61.59%, 3rd Chris Impey & Julia Evans 59.32%.

CN

Promotion dream has been achieved by Cowbridge CC!

AFTER two seasons in Division Two, Cowbridge Cricket Club's first XI have been promoted back to Division One of the South Wales Cricket Association as runners-up.

It is a significant step for the club whose clear goal is to bring the Premiership to Cowbridge. Now the club is but one step away.

That Cowbridge were in Division Two at all was due to an innocent infringement of the regulations which govern the SWCA. Legal advice suggested these rules had been mis-applied and the appeal process flawed but the Cowbridge club declined to seek a legal solution and now have let their cricket right a wrong.

After a week of heavy showers the work of Tim Williams was crucial to get the home fixture against Pwll from Burry Port on at all.

Going into this final fixture Cowbridge needed five points to be sure of promotion should Drefach get maximum points at champions Bronwydd. Anything less for Drefach would have dashed the Carmarthenshire team's unlikely chance.

As it turned out, splendidly heavy rain at lunchtime at Bronwydd reduced the overs in that match so Drefach could not achieve the 28 points they needed.

Anything that happened at Cowbridge was now academic.

It was not known that the start would be delayed when Cowbridge's skipper Neil Brand won the toss and put Pwll in.

Under any other circumstances Neil would have batted first but the five points, achievable by bowling out the visitors, were uppermost in the team's mind.

Despite three wickets from the skipper getting him to 50 for the season Cowbridge could only get eight down as the innings closed at 166.

What happened next was for those in the know an anti-climax as word had filtered through from the west.

For those who believed Cowbridge needed 40 for the fifth point it was unwatchable. Only Ed Lewis got double figures as the leading batting line-up in the division were skittled for just 42. Nevertheless Cowbridge were over the line.

"We were not very good today," was Brand's take on the matter, a massive and deliberate understatement.

However the promotion depended on a season-long campaign where there has been some very good cricket as the club have begun the process of building a side capable of taking on and beating the best.

The captain has been the talisman, 50 wickets and 967 runs, a contribution of massive proportions that allowed others to develop.

Neil's undemonstrative but clear-headed captaincy has been enjoyed by his charges.

The other leading batsmen, Tom Merilaht and Mike Lloyd, were key men well supported by Chris Willey and the emerging talent of all-rounders Alex Kurobasa and Rian Thomas. Sam Russell's progress has been a huge bonus and Matt Keating took wickets at crucial times.

Off the field the enthusiasm of chairman Hugh Williams, the team manager Jon Smart and scorer Sarah Russell have been key elements in producing success.

Additionally, while spectators are often heard to remark that the ground has never looked better, it is a fact that Tim Williams has achieved a standard of presentation that makes the observation a truism.

Looking forward to next season the club's committee have well advanced plans to ensure the first XI is significantly strengthened to allow a tilt at the the Dan Radcliffe Cup, the First Division trophy played for since 1926, and the single promotion place to the Premiership.

The 175th anniversary season of the Cowbridge Cricket Club has been celebrated in style and on Saturday night it had been embellished with success.

JRB

Davison stars as Dinas bounce back with win

DINAS POWYS FC bounced back from their poor performance against Chepstow the week before to register an emphatic 5-2 win over Penrhiwceiber Rangers.

This was particularly pleasing for manager Lee Saunders as four of his squad had made the trasition from playing grass roots parks football last season to Welsh League standard.

The hosts started well and looked sharp. However the first free kick of the game went to the visitors taken by Brad Jones, but it was a comfortable take for Dinas keeper James Curtin.

Dinas began to press and a Jamie McClaggon free kick was headed on target by Connor Caton but the 'Ceiber keeper James Seldon managed to hang on to it.

James Marr then burst through the visitors' defence for a one-on-one with Seldon but his shot was off target.

Mamadu Banguraso and Ryan Garland linked up well to make progress down the right, Garland got a good cross in but a defender managed to get the better of Rhys Palmer as he was about to shoot.

On the 25 minute mark, after almost constant Dinas pressure, a cross from Banguraso was volleyed with a spectacular bicycle kick by Dinas striker Nicky Davison, his effort just clearing the crossbar.

The visitors had the occasional chance, a cross from Nathan Glassy found the head of Brandon Davies but his attempt was wide.

The Dinas pressure finally told after 30 minutes when Rhys Palmer played Davison in and he slotted the ball home from 10 yards for the opener. Palmer had to leave the field just after this as he was feeling unwell but was okay to continue after the magic sponge did its job!

The home team's passing was far superior enabling them to keep possession and when midfield dynamo Keiron James, burst through on goal he was tripped by Seldon in the box, the referee pointing straight to the spot.

Up stepped Davison to place the ball right in the corner to grab his brace and double the Dinas tally with 10 minutes of the half still remaining.

He almost bagged his hat-trick when he connected with a good cross from Banguraso but his powerful header was just over the bar.

Penrhiwceiber then had a promising move involving Nathan Glassy, Brad Jones and Kane Jones but the Dinas back four of Banguraso, Connor Caton, skipper Ben Luck and Jamie McClaggon were well in control and snuffed out any danger.

The last action of the first half saw Davison again beat his marker but was harshly adjudged to have fouled him just as he was about to unleash another shot at goal.

The visitors made a change at the interval, bringing on Declan Hensonspur for Brandon Davies who appeared to have an ankle injury.

They did manage to rattle the Dinas crossbar early on courtesy of a Bleddyn House header but it was Dinas mainly calling the shots, a deep cross-cum-shot by Palmer forcing Seldon to concede a corner which was cleared.

They soon won another corner, taken short by McClaggon to Banguraso who played it back to him; he put in a good cross which found the head of Marr for a fine glancing header to make it 3-0 just five minutes into the half.

The classy Davison then latched onto a corner from McClaggon wide on the left to smash it home for his hat-trick.

However, straight from the restart the visitors pulled one back, Dean Brown evading the Dinas defence for 4-1.

Fifteen minutes into the half Dinas made the first substitution, Nicky Coles replacing Garland.

James then made one of his trademark jinking runs into the Ceiber box before he was disposessed.

Dinas then made two further changes, Steffan Ross replacing Marr and Adam Johns making way for Nathan Donnelly.

The visitors began to rally and assert some pressure of their own, Brown latching onto a cross from the right but he shot wide and the same player put in a good free kick which Curtin gathered under pressure.

The visitors kept up the pressure and were rewarded when an unlucky Ross sliced an attempted clearance into his own net for 4-2.

After Dinas began to get their passing game going again they lost possession, and it was that man Brown who fired a good shot home but the linesman's flag went up for offside and the score remained at 4-2.

Donnelly began to make his presence felt and a good flick from him put the prolific Davison through again but from a difficult angle his shot was just over the bar.

The final five minutes was frantic with the visitors still trying their hardest to get something from the game, but it was that man Davison who bagged his fourth of the afternoon with the best goal of the game.

Making progress down the left, he then cut inside and unleashed a superb shot into the far corner of the net for 5-2.

He almost got another in the final minute, heading a cross from Donnelly just over the bar.

Squad: 1 James Curtin, 2 Mamadu Banguraso, 3 Jamie McClaggon, 4 Ben Luck (c), 5 Connor Caton, 6 James Marr, 7 Ryan Garland, 8 Keiron James, 9 Adam Johns, 10 Nicky Davison, 11 Rhys Palmer, 12 Nathan Donnelly, 14 Nicky Coles, 15 Joe Briscombe, 16 Steffan Ross, 17 Nicky Bruce.

Dinas are home again on September 5 when AFC Porth visit the Murch, kick off 2.30pm.

PK

Barry RFC is now set for season ahead

FOLLOWING two pre-season friendlies in the build-up to the new season, Barry travel to Llantrisant this weekend for their first league fixture in Division 2 following their promotion last season.

Owing to the Wales game being played at 5pm, the Union have instructed clubs that matches must kick off earlier than normal.

This week's game will kick off at 1.30pm, with the coach leaving the club at 11.30am

I am sure all supporters wish the squad and coaches well on what will be an interesting season ahead.

ANDY JAMIESON

Humiliating defeat for Barry Athletic

BARRY Athletic Cricket Club's first XI's 2015 season fell apart after a disappointing loss to Pontymister.

After losing the toss Barry were asked to bowl first and Pontymister posted a daunting target of 256 all out with Ghori scoring 138 not out for the visitors, with John Gee (3 for 30) and Paul Murphy (3 for 22) being the main wicket takers, Gee with figures of 9 for 92 in his last three games.

In reply Barry were totally humiliated as they were bowled out for a mere 58 with only Goodway scoring double figures with 20 not out.

This defeat sums up Barry's 125th anniversary season when much was expected but delivered so little.

2ND XI STILL HAVE CHANCE OF TITLE

The only saving light for Barry has been the second XI, admirably captained by Ashley Baker, who has taken the team to second place and the possibility of the title, only losing one game all season.

On Saturday they travelled to Pontymister and came away with an emphatic win by six wickets with Damon Leake taking 3 for 15, Richard Eastman 3 for 14, Steve Oram 2 for 9, new father Jake Griffett 1 for 18 and Glan Williams 1 for 11, as Barry bowled Pontymister out for 99.

In reply Barry reached their target for the loss of four wickets thanks to Jake Griffett (42) and the ever reliable Lee Morgan (28 not out).

The club would like to thank Mark Ellis and Tom Davies for all their hard work through out the season with the junior section.

With neither being members of the club they have given up their free time to do this and it has gone well through the season with an average number of 20 to 25 juniors turning up on Tuesday evenings - it has been a joy to see so many youngsters at The Athletic Ground at these sessions.

MR

Central end season a high

AFTER two heavy defeats by Splott and Llantwit Major, the prospects of promotion for Central will have to wait for another time - possibly next season?

However, Central were looking forward to their final game of the season against the Murch Bowling Club at Dinas Powys.

Unfortunately Murch fielded a depleted side so they were at a disadvantage before the game even started.

Central took advantage of the situation and all the Central rinks started well on a very heavy green and were ahead of the game throughout the afternoon.

Ted Hudd's rink found themselves 12 shots to 4 after 10 ends and carried on to win by 26 shots to 10.

Tony Goddard's rink did even better and after 10 ends were 18 shots to 3 up and as with Ted's rink continued to dominate to win by 34 shots to 5.

Captain Dave Goddard had a hard struggle against skip C Garland and it was nip and tuck for most of the game with the scores more or less level up until the 17th end when Central picked up a four and a three in three ends to ensure a victory by 23 shots to 11.

The only Central rink to struggle was the rink skipped by Tom Kaged, who found that his inexperienced side were finding the heavy playing surface difficult to cope with and it was only towards the end of the game did they came into their own.

Unfortunately the comeback was too late and they lost by 20 shots to 10, which was an excellent effort by his rink.

The overall result saw Central win by 93 shots to 46, earning 12 valuable points to finish the season on a high.

The club are now looking forward to their finals weekend this Saturday and Sunday with a free chicken/fish and chip lunch for members on the Saturday.

If any members of the public would like to join us they would be more than welcome to enjoy what should be a great couple of days.

GT

We welcome your sports news, reports and other items of interest - email us at: *gemeditorial@tindlenews.co.uk*

The Captain's Day supports charities at Wenvoe golf club

The team prize winners receiving their prize from club captain Chris Jones.

THE captain's charity day at Wenvoe Castle Golf Club is one of the big events in the busy calendar.

But this year again exceeded expectations with over 180 entries from golf clubs throughout the region taking in a fun golf day but with the overall aim of raising funds for the club captain's nominated charities - Prostate Cancer UK and Tŷ Cariad Africa, a UK charity which exists to raise funds to support the work in helping orphans and vulnerable children in sub-Saharan Africa.

The rain over the previous days gave way to excellent weather and the well-drained course was in superb condition.

During the course of the round players took on challenge after challenge with the opportunity to pick up a prize for nearest the pin at the three par 3 holes, and finish with nearest the pin with the second stroke on the testing 18th hole.

This exciting finish was watched by the ever increasing audience on the club's panoramic patio raising ironic applause as the approach shot slid past the 'nearest' mark.

Thanks to the generosity of local businesses and club members sponsors there were some excellent prizes on offer and this extended to the raffle which was very well supported.

RESULTS

Team prize: winners - 131 points, Chris Tatt, Steve Grinter, Neil Peake and Justin Bell; runners-up, 129 points Stan Rosser, Mike Lawrence, Paul Barrett and David Kempson; third place, 127 points Rhys Williams, Matthew Gill, Dominic Ham and Richard Bond (Brynhill).

Putting competition: joint winners (nine putts) Richard Morgan (Fairwood Park) and Rob Campbell; chipping competition: joint winners Paul Power and C Powell.

Nearest the pin: second shot, 18th hole – Gordon Macpherson; par 3, second hole Carol Doyle (Ullesthorpe Golf Club); par 3, ninth hole Jeff Plevey; par 3, 15th hole Jane Lotte. Longest drive: (lady) Jane Lotte, (men) Rhys Williams.

Club captain Chris Jones was clearly delighted with the support he had received on the day and gave particular thanks to the various sponsors.

He was grateful to everyone who had entered a team in the competition and those who had given so generously throughout the day.

The day had certainly exceeded his expectations and the funds raised would make a significant contribution to the work of the two charities.

The captain also thanked the head green keeper and his team for their efforts in presenting the course in superb condition especially considering the previous rain.

He expressed his appreciation of the service provided the staff throughout the day particularly Nicola Sims (club secretary), Simon Gatheridge (steward) and the catering and bar staff.

Multi-winner Jane Lotte receiving her prize.

Special mention was made of the efforts throughout the day of the club professional Jason Harris and the club members helping at registration, as starters on the first tee and at the halfway house.

A truly remarkable day and the real winners were the two charities with a significant boost to their funds.

BJ

Frank shows support for new facilities

BOXING legend Frank Bruno was recently in the Vale, starring in a sports dinner held at the Oystercatcher in Penarth marina supporting PG10 Coaching and to raise funds for the new proposed indoor 3G and sports facility in Penarth led by Vale Sports Arena.

The evening was a huge success with special guests Wales legend Neville Southall and former world champion boxer Steve Robinson and Nicky Piper, and the Mayor of Penarth Rosemary Cook attending.

Hundreds of guests where given opportunities to learn about Bruno career, achievements and stories from a successful professional boxing career and time on TV and his charity work with Comic Relief.

The evening also saw a performance from talented freestyler Ash Randall.

A special award was presented to Penarth-based 11-year-old Keira Daniels who recently shone in the British Gymnastics Championships, winning one gold, one silver and four bronze medals.

WELSH STEEPLECHASE JOCKEYS...

BRIAN LEE REMEMBERS JACK ANTHONY

Today's extract from BRIAN LEE's out-of-print book Welsh Steeplechase Jockeys *(Cwmnedd Press, 1993) features* ***Jack Anthony****, the most famous of the three legendary Anthony brothers...*

SUCH is the fame of the brothers, Jack Ivor and Owen, that many years after their deaths a public house in Ely, Cardiff, was named after them – The Anthonys. Jack, who was the youngest, won the Grand National three times as an amateur rider on *Glenside* (1911), *Ally Sloper* (1915), and *Troytown* (1920).

Like his brothers, he learned to ride as soon as he could walk at his father's Cilveithy Farm in Carmarthen. He rode his first winner under rules at Ludlow when only aged 16. A strong and courageous jockey, he was without equal at Aintree, and it must be remembered that he was riding against brilliant horsemen – a notable example being fellow countryman Fred 'Dick' Rees.

It was said of Jack that when he rode out of the paddock onto the racecourse, he became a man inspired, for the racetrack was his spiritual home.

At Aintree where he ruled supreme, he would always take the most dangerous, but shortest way around on the inside of the racecourse. His first 'National' winner, *Glenside*, was a last-minute chance ride. The one-eyed *Glenside* was the only horse to put in a clear round and Jack swore that it was the schooling over banks, which the horse had on his father's farm, which enabled him to keep his feet.

Glenside was trained in Wales, but a fortnight before the big race he was sent to Captain RH Collis's yard at Kinlet – so the captain was given the credit of training what should have been Wales' second Grand National winner, the first and only one being *Kirkland* in 1905.

Standing in for the injured Tich Mason, who had broken a leg in a fall a few days earlier, Jack nursed the exhausted *Glenside* home by 20 lengths from the remounted *Rathnally* and *Glenside*'s owner, Frank Bibby, said that it was the Welshman's tender handling of the horse that enabled it to win.

Had it not been for the intervention of his brother Ivor, Jack wouldn't have won his second Grand National in 1915, for early in the race, the second fence actually, Jack's mount *Ally Sloper* took off too soon, landing on top of the fence.

Jack was just about to be unseated when Ivor riding *Ilston* reached out and pulled him back into the saddle. And if that wasn't enough, a bad mistake at the Canal Turn left Jack hanging around his mount's neck.

Ally Sloper was owned by Lady Nelson and it was the first time in the history of the race that a lady owner had been successful.

The huge *Troytown*, who was a most difficult horse to ride, gave Jack his third and last win in 1920, when the race was run during a torrential rainstorm that made for treacherous conditions underfoot.

Troytown, trained in Ireland by Algy Anthony (no relation) made nearly all the running, despite making several bad mistakes that would have put nine out of ten other horses on the deck.

The horse pulled so hard that even Jack, with all his great strength, had doubts as to whether he could last out the race. There is no doubt that even in those terrible conditions, given the chance, *Troytown* who won by 12 lengths from Roger Burford's mount *The Turk 11*, would have gone round again!

After the race, Jack was invited to Lord Derby's stand, where he was introduced to the King and Jack told the reporters: "The King shook hands with me and congratulated me. I am a Welshman, and anyone who knows the emotional feeling in the blood of a Welshman realises what I felt when I shook hands with the King."

Jack commented that: "*Troytown* would have won with 14st on his back," and when asked about *Troytown* years later, would say: "He wasn't a horse, he was a steam train."

Besides his three brilliant wins in the world's greatest steeplechase, Jack also finished second twice (*Old Tay Bridge* 1925 and 1926) and third once (*Bright's Boy* 1927). He was champion jockey as an amateur in 1914, when he rode 60 winners, and as a professional he won the championship again with a record 78 winners in 1922.

When he retired in 1927, after ironically injuring himself when dismounting from a hack on holiday in America, he took out a trainer's licence and won the Cheltenham Gold Cup with *Easter Hero* in 1929 and 1930 and the Champion Hurdle with *Brown Tony* (1930).

He died in 1954 at the age of 64.

Next time we will feature Jack's brothers Ivor and Owen Anthony.

Barrivale bridge results

LATEST results from Barrivale Bridge Club for August 25:

1st Jane Brook & Denis Mottram 66.67%; 2nd Mike Close & Mick Green 56.25%; 3rd Debbie & Simon Richards 55.00%. Jane Brook and Denis Mottram also won on handicap.

New members are always welcome at Barrivale. A partner may be arranged if required. If you would like to join us ring 01446 418380 or 01446 733425 or 01446 735592 call at the Pioneer Hall, Beryl Road, Barry on Tuesdays at 7pm.

The club cordially invite potential players to learn to play bridge. Taster sessions for these classes will be held on Friday September 4 and 11 at 10am at the Pioneer Hall.

Enrolment for subsequent classes will then be on Friday, September 18, also at Pioneer Hall with the sessions to commence on September 25.

DR

Sully bridge club results

RESULTS for Monday, August 24, North/South:

1st Roger Cradick/Richard Allely 53.68, 2nd Peter Millar/Jane Brook 53.58, 3rd Margaret Taylor/Marilyn Jones 53.42.

East/West: 1st Rod Hudson/Trish Tracy 58.23, 2nd Hazel Craig/Peter Craig 56.08, 3rd Anne Johns/John Pikoulis 52.12.

Results for Wednesday, August 26, North/South: 1st Evarard Kerslake/Richard Allely 62.71, 2nd Gareth Stone/Brian Gardner 59.36, 3rd Vernon Pearn/Peter Blackwell 58.89. East/West: 1st Joy Secular/Rod Hudson 63.96, 2nd Anne Johns/Bunty Wiseman 53.42, 3rd Anita Charles/Tish Beere 51.66.

Results for Saturday, August 29, North/South: 1st Richard Allely/Norman Ryley 53.43, 2nd Sheila Kavanagh/Joan Thompson 53.27, 3rd Barbara Burden/Sue Attley 52.50. East/West: 1st Mary Blackwell/Peter Blackwell 55.7, 2nd Bill Leyburn/Lynne Leyburn 53.86, 3rd David Hopkins/Lilian Hopkins 52.89.

EK

Flint lands Bath winner

BRIDGEND dual purpose trainer (flat and over-the sticks) John Flint landed the WorldWide Lotteries Apprentice Handicap at Bath last week with his six-year-old bay mare Ayla's Emperor.

Well ridden by Daniel Muscutt, the 8-1 chance won by three lengths from the favourite Highlife Dancer in a field of six runners.

Ayla's Emperor, a former inmate of Mick Channon's yard, is owned by Mr S G Griffiths and was having only her second race for Flint.

Those who backed the mare on the tote were rewarded of odds of just over 12-1.

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Wales RL under-18s name England squad

WALES have named a 22-man under-18 squad in preparation for their match against England Lions at Taff's Well RFC on Saturday, September 26 (kick-off 2pm).

Four of the squad are currently in Warrington Wolves' academy with two from Widnes Vikings, while the remainder are all based in the south.

Head coach Paul Emanuelli has recently had 35 in training and he says that cutting the numbers down has been difficult.

"The training programme so far has gone extremely well," he said. "We've learned from the mistakes that were made last year and we've been getting some good advice so hopefully the excellent group of players we have will make for an interesting day against England."

Emanuelli was delighted to name his South Wales Scorpions' team-mate Connor Davies as the captain.

Davies has been playing rugby league since aged 11 after starting with Ysgol Gyfun Ystalyfera and this will be his second year in the Wales under-18 side.

"Connor has been one of the stand-out players at South Wales Scorpions this year."

SQUAD: Lewis Willacott (Aber Valley Wolves), Rhys Brownsell (Bridgend Blue Bulls), Brandon Lamb (Gloucestershire All Golds), George Mbofana (Gower College), Harry Boots, Morgan Jefferies, Shane Lee, Dan Maiden (All The Raiders RL, West Wales), Connor Davies, Curtis Davies, Rhys Davies, Paul Edwards, Ben Jones, Marcus Webb, Zak Williams (all South Wales Scorpions), Jake Thomas (Torfaen Tigers), Nathan Ainsworth, Rhys Brunt, Morgan Nicholas, George Shaw (all Warrington Wolves), Sion Jones, Connor Parker (both Widnes Vikings). **IG**

The Dinas Powys ladies' golf results

On August 2, the ladies club championship was held over 36 holes between Ann Mahenthiralingam and Carolyn Jones.

After some great play Carolyn was 6 up after the morning 18 holes but during the afternoon round despite Ann gamely fighting back, Carolyn eventually won the championship on the 33rd hole. Congratulations to both ladies for a great day of golf.

Sue Bridle competed in the GUW Challenge Bowls (Silver Division) Final at Builth Wells on Tuesday, August 11, and came in with a 72 nett and was runner up on countback winning the silver medal.

Lady golfers from all over Wales take part in this competition so well done Sue.

On August 14, our Ping team of Ann & Esh Mahenthiralingam, Lisa and Ian Ryley, and Pat Gosling and Dale Sullivan won the regional final at Creigiau against Woodlake Park.

They now go to Rhuddlan Golf Club, north Wales, for the semi-finals and final, to be played on October 5; congratulations to all and good luck.

On August 3, the RH Seel bowl day one medal was held: 1st Annie Blackburn 93 - 21 = 72 nett after comeback; 2nd Maxine Hird 94 - 22 = 72; 3rd Sue Bridle 91 - 18 = 73.

On August 4, the day two medal was held: 1st Maxine Hird 96 - 22 =74 after countback; 2nd Sue Bridle 92 - 18 = 74; 3rd Vicki Ellison 106 - 29 = 77 on countback from Lisa Ryley 92 - 15 = 77.

Overall result: 1st Maxine Hird 72 + 74 = 146 nett, 2nd Sue Bridle 73 + 74 = 147, 3rd Lisa Ryley 75 + 77 = 152.

On August 4, a nine hole Stableford was held: 1st Angela Thomas, 2nd Terri Unwin.

On August 11, an 18 hole Stableford was held: 1st Pat Gosling 35 pts; 2nd Maxine Hird 33 pts; 3rd Vicki Ellison 32 pts on back six from Annie Blackburn and Ruth Yates.

On August 11, a nine hole stableford was held: 1st Angela Thomas on back 3 from 2nd Audrey Harwood; 3rd Pam Warne.

On August 18, the Mary Nicholls foursomes were held: 1st Sue Bridle & Maxine Hird 90 - 20 = 70 nett; 2nd Ann Mahenthiralingam & Vicki Ellison 97 - 21 =76; 3rd Annie Blackburn & Ruth Yates 101 -22.5 =78.5.

On August 18, a nine hole Stableford was held: 1st Terry Unwin, 2nd Rhian Thomas, 3rd Chris Nelms. **RY**

BRYNHILL GOLF CLUB RESULTS

David Miller, Rhys Jones and Lee Price at the Members and Guest event.

Winners' champagne breakfast: Bob Bounds, Rhys Jones and Steve Jones.

A members and guests event was held on August 9 at Brynhill Golf Club.

Winners: Lee Price and David Miller 45 points; runners-up Gareth Tinnuche & Nick Caulfield 44 points

On August 22, a champagne breakfast event was held, prior to the 4BBB shotgun start competition.

Golfers arrived at 7.30am for a cooked breakfast and a glass of champagne before the hooter sounded at 9.15am and everyone teed off.

The captain presented the prizes later in the club house, thanking Iain Grant, the course manager, the catering and bar staff, John Kirkpatrick for organising the cards and money and Derek Coombes on handicaps; a very successful day.

Ladies' winners: Jan Tattersall & Barbara Watkins 38 points; gentlemen winners: Bob Bounds and Steve Jones 47 points.

Men's results: President's Cup, winner - Daniel Williams 43 points; runner-up Richard Pierce 41 points (back six of front nine). Chris Smith Cup (0-14) winner - Scott Nelson 42 points; runner-up Dan Peters 38 points.

Seniors captain's day four club competition, winner Bob Bounds 35 points. Seniors results: Brynhill v Grove (5-3 Brynhill win). **JK**

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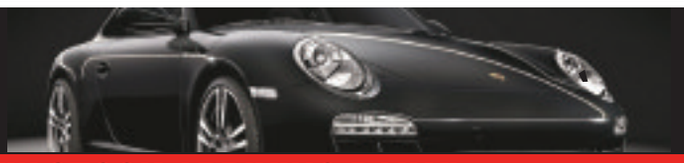

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Dragon scorches Irish to avenge mismatch

CRISIS? WHAT CRISIS? Tomas the tank engine powers up Welsh scrum!

New cap gets Wales out of a tight spot as 31-man squad is unveiled for World Cup

BACK PAGE COMMENT
by Don John

IT may have become something of a well-worn cliché, but the late Premier Harold Wilson's wry comment that "*a week is a long time in politics*", is also true in a sporting context – as the dramatic turnaround by Wales as the rain spattered down on Irish hopes in Dublin, clearly underlined on Saturday.

After all, just one week earlier the team ranked number two in the world had easily crushed an experimental Welsh team (35-21) with a second string side at Cardiff's Millennium Stadium – an embarrassingly one-sided result built on Ireland's overwhelming superiority up front.

Even normally composed head coach Warren Gatland had looked shaken in the immediate aftermath of his team's unexpected collapse and warned that it was a factor in starting to whittle down his Rugby World Cup squad from the original 47 players.

Alarm bells immediately rang among Welsh supporters, who saw it as further proof of Welsh front row fragility, particularly on the all-important tight head, following the retirement of scrum pillar Adam Jones and the absence through injury of 'heir apparent' Samson Lee, with RWC 2015 now just weeks away.

However, it was also clear that the result of the first 'friendly warm-up' for the global tournament had to be seen in context, as a one-off experiment to test a mix of back-up players in match action where nothing was at stake.

While it may have appeared to confirm worryingly thin reserves, the Welsh camp were rightly confident that the dire display was not a true measure of their preparedness for the campaign, or of their playing strength, with the main front line troops yet to take the field in Saturday's return fixture.

Even so, the one big question remained in supporters' minds over that problem tight head role, which this time was to be filled by new cap Tomas Francis, a powerful but raw young man built like a tank, with a Welsh gran and limited first class rugby experience under his belt with Exeter Chiefs.

The fans need not have worried, for cometh the hour, cometh the man – as the set-piece, which had collapsed so alarmingly in Cardiff, stayed steady as a rock from the first put-in at the scrum, with the whole pack putting their shoulders to the wheel. The impressive Francis went on to make a solid contribution, both in the tight and at the breakdown, where the pattern at Cardiff was completely reversed.

This time, it was the startled Irish who struggled to say on terms up front, as a galvanised Welsh team shrugged off the cobwebs of two months' rugby inaction following arduous physical conditioning in 'extreme' boot camps from Switzerland to Qatar! Early pressure saw Ireland forced to concede the first of a stream of penalties, which full back Leigh Halfpenny slotted over for a three-point lead – and this sparked wave after wave of attacks that had the men in green defending desperately, and not always legally, resulting in more blasts on the referee's whistle and, finally, a try by outstanding man-of-the-match (again) open side Justin Tipuric, who forced his way through a jumble of bodies near the Irish line.

All hands at the pump as man-of-the-match Justin Tipuric gets a pat on the head after scoring his try.

Halfpenny easily converted to give Wales a 10-0 lead in the first quarter, but this was almost immediately followed, against the run of play, by a penalty award to Ireland, which outside half Jonny Sexton gratefully accepted, to narrow the gap to seven points.

The visitors promptly renewed their onslaught and after the embattled Irish had been penalised for the seventh time by a remarkably forgiving referee, careless loss of concentration at a scrum near their line cost Wales dear, with a try by the vigilant Iain Henderson, converted by Sexton, to level the score, 10-10 at half time,

The Irish were encouraged after the change-over to mount an attack of their own, and thought they had snatched the lead with a try, only for the TMO to rule that the ball had been knocked on and the determined Welsh defence safely cleared to touch, before going back on the offensive.

Once again, intense Welsh pressure told and up stepped hot shot Halfpenny to ease his team into a three-point lead with the inevitable penalty. He then made it 16-10 in the 70th minute when Ireland were penalised for the 15th time, directly in front of the posts.

To their credit, the men in red did not attempt to sit on their lead and almost increased it with a breakaway try, but this was thwarted and the battling Irish showed they were not done yet.

Incredibly, they almost pilfered an unlikely victory right at the death when Sean Cronin went over but was held up and the try was disallowed – as the whistle blew for full time and a thoroughly merited 16-10 win for rejuvenated Wales over last year's in-form Six Nations champions.

Typically, Gatland refused to get carried away by the 'friendly' result, saying: "*It was a good performance. There was a little bit of rustiness as well. To beat the No 2 side in the world was good. I know it was close in the end. Ireland could have won it and that would have been heartbreaking*", he added (clearly with previous heartbreaking experiences in mind!)

"*But potentially it could have been a much more comfortable win for us as well. We haven't played a lot of rugby together and we did a lot of hard work last week. We kept saying that we'll kick more into the rugby, which we will do.*"

The result may have heartened the Welsh camp and simplified selection for the 31-man RWC squad, but Gatland had earlier made it clear that there were still a few choices to be made: "*It's going to be a tough selection for us over the weekend. Given the history of World Cups, those who do miss out are going to be incredibly unlucky, but they are going to be pretty valuable to us as well – if there are injuries and we have to call people in.*"

All eyes were on WRU chairman Gareth Davies at the Millennium Stadium on Monday afternoon, when he read out the 31 names, and those of the unlucky seven not to make the final cut.

In the event, these turned out to be: forwards Ross Moriarty, Rob Evans, Scott Andrews and Kristian Dacey; Backs – Kiwi-born Gareth Anscombe, who had injured an ankle in training, Tyler Morgan and flying Ospreys' wing Eli Walker, who missed out to Alex Cuthbert, as Gatland kept faith with the Blues' man.

The same was true of the bulk of the squad, which showed few surprises in a 17-14 split between forwards and backs – though it was heartening to see space found for diminutive outside-half Matthew Morgan among the big men!

***Wales' RWC squad:** James King, Gethin Jenkins, Samson Lee, Dan Lydiate, Alun Wyn Jones, Tomas Francis, Aaron Jarvis, Paul James, Luke Charteris, Scott Baldwin, Bradley Davies, Justin Tipuric, Jake Ball, Hallam Amos, Cory Allen, Ken Owens, Lloyd Williams, Alex Cuthbert, Matthew Morgan, Rhys Priestland, Dominic Day, Gareth Davies, Liam Williams, Jamie Roberts, George North, Sam Warburton (capt), Leigh Halfpenny, Dan Biggar, Taulope Faletau, Rhys Webb, Scott Williams.*

After the drama and exertions of last weekend, Italy should represent a less exacting assignment at the Millennium Stadium on Saturday (kick-off 5pm) but the Welsh camp will be in no mood to relax its guard!

COMETH THE HOUR COMETH THE MAN... tighthead Tomas Francis.
(Photo by Huw Evans Agency).

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